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THE
POOR MAN'S PHYSICIAN,
OR,
THE
SICK MAN'S FRIEND:
OR,

NATURE'S BOTANIC GARDEN

EXHIBITED TO VIEW

ITS MEDICAL QUALITIES UNFOLDED, SYMPTOMS OF

DISEASES DESCRIBED, AND CURES MANIFESTED

Designed wholly for the use and benefit of the Poor.

BY JOSIAH BURLINGAME

NORWICH, N. Y.

PRINTED BY WM. G. HART, FOR THE AUTHOR

1846

BE IT REMEMBERED, That on
the fifteenth day of November, in the
fiftieth year of the Independence of
the United States of America, A. D.
1825, JOSIAH BERLINGAME, of the

County of Albany, deposited in this office the title of a Book,
the title whereof he claims as author, in the words fol-
lowing, to-wit:

"The Poor Man's Physician, the Sick Man's Friend;
or, the Botanic Garden exhibited to view, its medi-
cal properties, its symptoms of diseases described,
and the mode of cure made easy. Being a selection of
the most eminent Botanic Physicians
of America, wherein the medical virtues of
American roots, herbs and flowers
are described, their properties and excellent qualities
are explained in plain and easy to be understood
language; with proper cautions in regard to using
them with safety. Designed wholly for the use and be-
nefit of the Poor, by Josiah Berlingame." In conformity
with an Act of the United States, entitled "An act for the
encouragement of learning, by securing the copies of
Books, Maps and Books, to the authors and proprietors
of such copies, during the times therein expressed;" and
another Act, entitled "An act supplementary to an act
for the encouragement of learning, by securing the copies of
Maps, Charts and Books, to the authors and proprietors
of such copies, during the time therein expressed," and extending the benefits thereof
to Engraving, Etching and Etching historical
and other plates."

R. R. LANSING, Clerk,
of the Northern District of New York

~~Amos~~

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1825

INTRODUCTION.

MAN, when he first came out of the hands of his Great Creator, was pure in his nature, not subject to death, sorrow or pain ; breathing the celestial airs of Paradise ; all the hosts of Heaven and Earth were benign and friendly to man ; and all the sons of God shouted for joy.

But sad reverse : man being in honor abode not, he disobeyed his God, eat the forbidden fruit ; broke the divine law ; sin entered, and death, with a numerous train of evils, with their envenomed darts sharpened, and ready to strike the fatal blow, and drive poor rebel man back to his dust again, armed with the poisonous effluvia exhaled from those desolating regions of rebellion and stubbornness, where hatred, variance, extortion, drunkenness, lying, swearing, whoredoms, filthy communications, intemperance, blasphemy, envying and strifes are found. Offsprings of sin ; nursed and brought up by intemperance ; educated in fashionable vices ; initiated as fellow crafts into the

mystery of iniquity, by stubbornness and rebellion.

Alas, alas, this swinish herd again engender, and bring forth a sorry tribe, whose malignant breath, whose very touch, is often death. Their names indicate no good to man : Such as plagues, fevers, sores, consumptions, dropsies, gravel, catarrh, influenza, diarrhœa ; with three or four attendants ; pain, sorrow, sickness and death ; which follow close at their heels.

These unwelcome guests have made their way into every town and vicinity in the universe ; poisoning every stream of consolation ; separating and breaking the tender ties that bind the nearest friends and dearest relatives in love. Lamentation, mourning and woe, seem to be written on all the dwellings of vice.

And, instead of those pleasant gales, that wafted ambrosial perfumes and healthful effluvia, thro' shady groves on Eden's plains ; we are now infested with pestilential damps, poisonous effluvia, noxious vapours, harbingers of death, pointing us to dissolution.

But, is there not a remedy provided ? Truly there is. We answer with gladness of heart—There is a remedy. The adorable Jesus, the ever

blessed son of God, hath undertook to relieve us from our desperate situation, where we lay enveloped in the regions of death. And through his mediation hath opened a door of hope to all that will make use of the blessed means put into our hands, prepared before the face of all people, temporal and spiritual, like the vegetable kingdom of which I am about to speak, which lies open and free to all people : And that same Jesus who could heal the sick with a word hath given healing virtues to each herb and flower, suitable to our various complaints, an antidote to all our pain. And if suitably and seasonably applied, would greatly relieve our distresses. But as to food, so in physic; we must use the means to obtain it ; and suitable knowledge in the use of it, that good may come unto us. Every good and perfect gift cometh down from above ; therefore all the healing qualities found in the vegetable kingdom, are a gift to us to alleviate our distresses, remove our pains, cheer our minds, and gladden our hearts, while journeying through this vale of tears.

And may we not reasonably suppose, that the medicine that grows spontaneous in our own climate, where we first drew the vital air, to be more congenial to our nature, and suited to our consti-

tution, than that brought from foreign climes, and distant countries ? I believe every candid person will answer in the affirmative. Then who will not be glad to see my little book come abroad ; the whole design of which is to publish useful knowledge. I think none will be offended, but those who wish to keep the bulk of mankind in ignorance, that they may make merchandize of them.

PREFACE.

IN compiling this little treatise on the use of our own country medicine, I have not been over anxious to avoid the scoffs or ridicule of that part of community, who treat all such publications with contempt ; neither have I endeavoured to court the applause of any one ; but simply to compile and bring together this valuable body of recipes, which lay scattered in such a manner, that the public could not be benefitted as they now may, provided they pay that attention to the work which will be both for their health and interest. Being persuaded, and fully in the belief, that our country afforded medicines of the best quality, sufficient to cure all diseases that are curable, and observing that there are many lingering complaints that our regular Physicians did not, or could not cure, whether through ignorance or design, I am not able to say.

And having my wife and one daughter taken away by consumption, and my other remaining daughter going the same way, I began to look around me, to see if there could not be a remedy

found short of the apothecary shop, from which I despaired of getting any relief. In this dilemma, I applied to a good old honest root doctor, and by the infusion of a simple vegetable in cold water, my daughter was cured in less than three months, and has had no symptoms of the complaint since. Eighteen years have rolled away since this cure was effected. This circumstance encouraged me to look into the nature and cause of disorders. And while musing on this subject, my son, a lad of about eleven years of age, was attacked with the bilious cholic, and no ordinary means that I then knew of would remove the complaint. I, of course, called a Physician, who, I have no doubt, thought he was doing for the best; yet, by the repeated potions put down one after another, in three or four hours after the operation, he closed his eyes in death, too powerful indeed for the poor child, even enough for four strong men, as the doctor informed me.— This gave me a shock, and I formed a resolution not to rest contented without a knowledge of our own medicine, and the nature of this complaint as well as others; and finding it not half so difficult as I at first imagined, began to practice in this way with such success, that the

vegetable kingdom seemed opening before me with astonishing lustre. From this period I left no stone unturned. I visited the most experienced Root Doctors that I could hear of, from whom I received much valuable information. I soon found the dropsy could be cured without the tapping instrument; fever and ague sores could be cured without taking off the limb; that fevers might be thrown off, without calomel or puke, and that the king's evil could not withstand the power of a single root rightly applied.— These, and many other circumstances combined together, made me believe that the people were kept in ignorance by some means or other, and that such a publication was absolutely necessary, and would be a valuable acquisition to the knowledge already attained by the little publications now extant, and the frequent discoveries that are made; the knowledge of which, seems bursting upon us like the rays of the morning.

But I would here observe, that I have no design to encourage Quackery, nor give countenance to those men who go about the country pretending to great skill in the art of healing or curing diseases; when, in fact, they can neither make good their pretentions, nor shew any assi-

advantages of such cures being wrought by them, neither do they shew suitable recommendations whereby people of common sense would or ought to employ them. Every professional character is known some where, and if he is a person worthy of confidence, it is not difficult to obtain such recommendation, whereby he may be received with honor and respect. Neither do I wish to injure those professional gentlemen, whose skill and abilities entitle them to the patronage of a free and generous people. Those amiable characters stand high in the public estimation, and as shining constellations they eclipse those groveling satellites that move around them; men whose deeds will not bear the light; those that rob the burying grounds, and disturb the sleeping mansions of the dead; those that will prolong a disorder to increase their bill, and are not willing that every means should be tried to save a limb from amputation, or a cancerous breast from being taken off. Such men deserve not the confidence of the public. It matters not from whence they originated, either from behind the play or the inside of a college, they ought to be detested.

As to myself I make no pretensions to erudi-

tion or eloquence, but in a plain and simple manner have compiled this little work, that every person may read and understand. I have stripped it of all technical words by explaining every such word as came in my way. I have not arranged the work in alphabetical order, believing it to be of no particular use.

Firstly, you have the introduction.

Secondly, the preface.

Thirdly, rules in regard to the preservation of health.

Fourthly, Nature's Botanic Garden exhibited to view. In this I have endeavoured to follow the most plain and easy authors that have wrote on this subject.

Fifthly, symptoms of diseases described. In this I have been as concise as perhaps was consistent, and have given as many as would come within the ability of a family to determine or prudence to dictate.

Sixthly, methods of cure made easy. Here you have the body of recipes, selected from various authors the most experienced, and, as I believe, honorable, good and useful men ; who have not enriched themselves by their labours, but ac-

ted chiefly from a principle of love and good will to their fellow men.

This part of the work I esteem valuable, being selected from the most eminent practitioners in this mode of practice in Europe and America. I have made some extracts from Wesley, Culpepper and Morley, of Europe, and Becket, Coleman, Carpenter, Williams and Steward, who were Americans; besides many valuable recipes from the natives, together from my own practice for a number of years, wherein I have had an opportunity to prove the virtue of many of the medicines recommended in the work; and think that I can say with a clear conscience, that I esteem them as much superior to the apothecary's drugs, as the bright shining of the luminary of Heaven is superior to the feeble rays of the moon.*

Seventhly, I have endeavoured to give proper caution in regard to using them with safety, with some useful hints to parents, which I hope they will receive as from a friend.

Eighthly, how to prepare all kinds of family

* I would not be understood to undervalue the apothecary's drugs, for many of them are valuable and necessary, and so is the light of the moon.

physic, syrups, beers, cordials, drinks, strengthening plasters, salves, ointments, &c.

Ninthly, the indexes in their different orders and arrangements.

Tenth, an essay from Doctor Morley, on the cure of scrofulous disorders commonly called kings evil, &c.

Whether the work will fully answer the expectations of the public, I am unable to determine ; for it is too often the case that the expectations of subscribers are raised too high, in this case it is impossible for any human production to satisfy them. But the author has the earnest request to make to his readers ; that is, not to condemn the work and lay it aside, without giving it a fair trial, and not be discouraged if some particular thing should not exactly answer their expectations ; perhaps it may in the next case very far exceed what you could reasonably expect. And be assured that there is not the least design to impose upon the public in this work ; therefore your author will rest with a clear conscience, having the heartfelt satisfaction, at least, of having meant well, who is not insensible of his many imperfections and liability to err, hoping his kind patrons will cast the mantle

of charity over the errors and imperfections they may discover in the work, and impute it rather to human frailty than any design ; and may the great author of all good, bless my feeble attempts to do good to my fellow men, and may they be amply rewarded and richly paid for patronizing this little work. May we always remember that we are fellow travellers to that boundless ocean of eternity, where, if we are truly pious, we shall be numbered with the blessed, and there we shall have no need of an earthly physician ; for sorrow, sickness, pain and death are not known, in that happy land where withered limbs and pained bodies will be seen and felt no more.

JOSIAH BURLINGAME.

R U L E S

TO BE OBSERVED IN REGARD TO THE PRESERVATION OF HEALTH,

ARE transcribed from different authors and my own experience ; and experience is said to be the best school master. Therefore I shall recommend to my countrymen, these few plain, simple and easy rules.

1st. The air we breathe is of great consequence to our health. Those who have been long abroad in easterly or northerly winds, should drink some thin and warm liquor going to bed, or a draught of toast and water.

2d. Tender people should have those who lie with them, or are much about them, sound, sweet and healthy.

3d. Every one that would preserve health, should be as clean and sweet as possible in their houses, clothes and furniture.

4th. The great rule of eating and drinking, is to suit the quantity and quality of the food, to the strength of our digestion; to take always such a sort and such a measure of food, as sits light and easy on the stomach. All high seasoned food is unhealthy, especially to persons of slender constitutions.

5th. For studious persons, about eight ounces of animal food, and twelve of vegetable is enough in twenty-four hours.

6th. Water, milk and water, buttermilk and molasses and water, are the best of all drinks:—quicken the appetite and strengthen the digestion most.

People of full habit and fleshy, should be very careful how they drink cold water when they are in a state of free perspiration; and I would recommend it to every person when very warm, to wash the hands, wet the temples, and rinse the mouth before drinking; and then drink two or three swallows, and rest a little before taking a full draught. It may be proper to take a little spirits before drinking large draughts of cold water. But herein I should feel myself inexcusable, if I gave not my readers a caution against what is called dram drinking.

He who, being engaged in works of labour, flies to liquor for a spur, whenever nature droops from too great exertion, makes terrible havoc with himself. Nature, being worn down, is now forced and strained by these unnatural efforts, and if they are often repeated, the shattered nerves will show the vast damage they have suffered. Tremblings, sinking of the spirits, sleepless nights and days of dreadful listlessness, will be the forerunner of some deadly malady. Drunkenness, that crime which engenders all other crimes, is a baneful curse where ever it falls. It degrades man below the meanest reptile, renders his sober hours irksome beyond bearing, brings on the most dreadful diseases, and at last places him on a death bed, the pillow of which it has filled with thorns.

Dreadful is this picture, and many, alas too many, will feel its truth realized. But how, you ask, shall we profit by it? How shall we rid ourselves of such a dangerous foe? Not by trifling with him—not by gentle resistance—not by endeavouring gradually to disengage yourself from his horrid gripe. No, an enemy so formidable must be firmly and strongly opposed, not an inch must be yielded to him. Consider if you break not his neck he will break your bones, and your heart too;

together with all that is near and dear to you.— Call to your aid, self-love, as well as regard and compassion for your family, who innocently suffer for your indiscretions. Crave the support of reason and religion—let godlike reason from her sovereign throne, speak the commanding word. I will, and it is done. Strong, and especially spiritous liquors, are a certain, though slow poison.— Experience shews there is no danger in leaving them off all at once.

Strong coffee and tea, are extremely hurtful to persons who have weak nerves.

Tender persons should eat very light suppers, and that, two or three hours previous to going to bed.

They ought constantly to go to bed at nine, and rise at four or five. A due regard to exercise is indispensably necessary to health and also to long life.

Walking is the best exercise for those that are able to bear it, riding for those that are not. The open air, when the weather is fair, contributes much to the benefit of health.

Those who read or write much, should learn to do it standing, otherwise it will impair their health.

The fewer clothes any one uses by day or by night, the heartier he will be. Exercise, first, should be always on an empty stomach. Second, should never be continued to weariness. Third, after it we should take care to cool by degrees ; otherwise we shall catch cold. The flesh-brush is a most useful exercise, especially to strengthen any part that is weak. Cold bathing is an advantage to health ; it prevents numerous diseases.— It promotes perspiration, helps the circulation of the blood, and prevents the danger of catching cold.

Tender people should pour water upon the head before they go in, and walk in swiftly. To jump in with the head foremost, is too great a shock to nature. Go in early in the morning, then retire to bed, and sleep one hour.

Costiveness can not long consist with health.— Therefore, care should be taken to remove it at the beginning ; and when it is removed to prevent its return, by soft, cool, open diet. Obstructed perspiration, (vulgarly called catching cold,) is one great source of disease. Whenever there appears the least sign of this, let it be removed by gentle sweats. The passions have a greater

influence on health, than most people are aware of.

All violent and sudden passions dispose to, or actually throw people into acute diseases.

The slow and lasting passions, such as grief and hopeless love, bring on chronic diseases. Till the passion which caused the disease is calmed, medicine is applied in vain. The love of God, as it is the sovereign remedy of all miseries, so in particular it effectually prevents all bodily disorders the passions introduce, by keeping the passions within due bounds. And by the unspeakable joy and tranquility it gives the mind, it becomes the most powerful of all the means of health and long life.

Moderation, in every respect, ought to be the first and leading maxim, of those who wish to live long and enjoy health. Extremes, in the most opposite things, frequently border on each other.—The greatest joy may occasion the most acute pain ; and, on the contrary, moderate pain is often accompanied with feelings not altogether disagreeable. Lewis Cornaro had been a professed epicure and libertine, till he entered into the fortieth year of his age. His constitution was so far reduced by the cholic, rheumatic pains, fevers;

&c. that his physicians at length assured him that he could not survive much longer than two months ; that no medicine whatever could avert this catastrophe, and that the only possible means of preserving his life, would be a regular adherence to a frugal diet. He punctually followed this advice, and after the lapse of twelve months, was not only completely restored, but found himself in a better state of health than he had ever been, during any period of his life before.

It should also be observed, that, during sixty years, he carefully avoided violent heat, cold, passions, and extremes of every kind ; and by rightly and uniformly adhering to this moderate diet, not only his body, but his mind also acquired so determined a tone, that no common incidents could affect them. Therefore I shall conclude by observing, that intemperance is a fruitful source from whence originates a great host of complicated disorders, both in the natural and moral world ; and I anxiously request my country-men, who love life and wish to see good days, to shun all the haunts of vice, and moderate the desires for all unlawful pleasures.

Let not the sound of intoxication be heard within our dwellings, and may we have free access to

the vegetable kingdom here, and insure to ourselves a ready admittance into that kingdom of peace, where pain is not known.

THE POOR MAN'S PHYSICIAN.

PART I.

NATURE'S BOTANIC GARDEN.

GARDEN CELENDINE ; OR, PILE WORT ; OR, FIG
WORT.

1. The virtues of this herb are known by experience, that the decoction of the leaves and roots, doth most wonderfully help the piles and hemerrhoids ; as also, kernels by the ears and throat, called kings evil, or any other hard wens or tumors. There is another secret for my countrymen—a couple of them together. Celendine, made into an oil, ointment or plaster, readily cures the piles, hemorrhoids or kings evil. The very herb borne around the body next the skin, helps in such diseases, though it never touch the place aggrieved. With this I cured my own daughter of the kings evil, broke the sore, drew out a gill of

corrupted matter, and cured it without any scar in one week's time.

CINQUEFOIL ; OR, FIVE FINGERS.

2. This spreads and crawls far upon the ground, with long slender strings like straw berries, which take root again and shoot forth many leaves made of five parts dented about the edges, and somewhat hard. The stalks are slender, leaning downwards, and bear many small yellow flowers with some yellow threads in the middle, standing about a small and green edge ; which, when it is ripe, is a little rough, and contains small brown seeds.— The root is of a blackish brown colour, seldom so large as one's little finger, but grows long, with some threads thereat. It grows by wood and path ways on piles, and in almost every place. This herb has great virtues. If you give twenty grains of the powdered herb in wine or wine vinegar, it will seldom miss of curing an ague of whatever nature or kind. The juice thereof drank, about four ounces at a time for certain days, cures the quinsy and yellow jaundice, and taken for thirty days, cures the falling sickness. The roots boiled in milk and drunk, is a most effectual remedy for all fluxes either in men or women. A deco-

tion of the root boiled in vinegar, eases the tooth ache. The juice and a little honey helps the hoarseness of the throat, and is very good for a cough. The root boiled in vinegar helps all knots, kernels, hard swellings and inflammations and St. Anthony's fire.

COMFREY, A WELL KNOWN GARDEN HERB.

3. Comfrey is good against all inward hurts, bruises and wounds : that is, the decoction drank, cureth the same. It is good for women that have immoderate courses, and a syrup of the root is effectual in all these complaints. The root being pounded and applied outwardly, is good for wounds, ruptures, broken bones, knotted breasts, hemorrhoids, inflammations, gout, pained joints, gangrenes.

YELLOW DAISY ; OR, CROW FOOT.

4. This herb grows in abundance in our country, on mowing and pasture grounds. It grows from one to two feet high, has a roundish leat, and blows in the forepart of summer—the blows are of a bright yellow colour. The herb, if bruised and applied to the skin, draws as perfect a blister as the Spanish fly : but the better way is to mix it

with salve. The juice is good on application to palsied limbs and cold swellings : it stimulates and produces a degree of excitement.

WAKE ROBIN, MARCH TURNIP ; OR, CUCKOO POINT.

5. This herb, if a tea spoon full of the powdered root be given, is a present sure remedy for poison and the plague. A little vinegar with it, allays the biting taste upon the tongue. The said powder taken in wine as other drink, procures urine and brings down women's courses, and purges them effectually after child bearing ; taken with sheep's milk, it heals inward ulcers. The leaves either green or dry, or the juice of them doth cleanse all manner of rotten and filthy ulcers in what part of the body soever. The decoction of the root dropped into the eyes, cleanses them from any film or skin, clouds or mists that begin to hinder the sight. The juice dropped into the ear eases the pain of ear ache.

DANDELION.

6. This herb is well known and grows frequently in all meadows and pasture grounds, and is of an opening and cleansing quality, and therefore very effectually opens obstructions of the liver

and gall. It wonderfully opens the passages of the urine both in old and young; it powerfully cleanses imposthumes and inward ulcers. The decoction of the roots or leaves in white wine, or leaves boiled as pot herbs, is very effectual. It is good for a person drawing towards a consumption, and many times will produce a healthful state.

DOVE'S FOOT; OR, CRANE'S BILL.

7. This herb has divers small, round, pale green leaves, cut in about the edges much like mallows, standing upon long redish hairy stalks, lying in a round compass upon the ground. It has very small bright, red flowers, of five leaves apiece, when they seed they form short beaks or bills.

The herb is very good for the wind cholic, as also to expel the stone and gravel in the kidneys. The decoction is good for inward wounds and bruises and to stay the bleeding thereof, and will expel congealed blood. The decoction in wine is a good foment to ease the pain of the gout. It is of singular use for ruptures and bursts in either old or young.

ELECAMPANE.

8. This herb needs no description. The fresh roots of elecampane preserved in sugar, or made into a sirup is very effectual to warm a cold windy stomach, and to help the cough, shortness of breath, wheezing of the lungs. The dried root powdered and mixed with sugar, answers the same purpose, and is good for a stoppage in the urine, or of women's courses. The root and herb, beaten and made into beer and drank daily, strengthens the sight of the eyes wonderfully.— The decoction of the roots in wine, drives forth and kills all manner of worms that people are troubled with. It is good to fasten loose teeth, spitting blood, cramps, gout, cankers, &c.

EYE BRIGHT.

9. Eye bright is generally known. If this herb was but as much used as it is neglected, it would half spoil the spectacle maker's trade. The juice, distilled water, or decoction of eye bright dropped into the eyes for a number of days, helps all inflammation of the eyes and dimness of sight; almost any way prepared, it is a powerful

remedy for weak sore eyes, and to strengthen those that are dim through age.

FEATHERFEW.

10. This is an excellent herb to open obstructions of the body, and a great strengthener of women, and will remedy such infirmities as a careless midwife hath been the cause of; in such cases it will do them all the good they can wish for. A decoction of the herb made in wine or of the flowers, or a syrup, or apply the boiled herb outwardly to the parts, doth wonderfully help. It is good against the gravel, to cleanse away phlegm to cure melancholy, head ache, ague cholic.

FENNEL.

11. Fennel is good against wind in the stomach; is useful to increase milk in women's breasts and make it wholesome for the child; also to prevent sickness in the stomach, shortness of breath and wheezing; to open obstructions of the liver, and to cause urine. The seeds and roots are much used in drinks and broths to make people more spare and lean that are too fat.

WINTER GREEN.

12. This is a singular good herb, and especially to heal green wounds. A salve made of the green herbs stamped, or the juice boiled, with hogs lard or with sallad oil and wax, and some turpentine added unto it, is sovereign salve, and highly extolled by the Germans, who affirm it to heal all manner of wounds. A decoction of the herb, or in wine, and given to drink, doth wonderfully help ulcers, fluxes, women's courses, bleeding of wounds, inflammations rising upon pains of the heart, cankers or fistulas, and the distilled waters answer the same purpose.

ARTICHOKES.

13. The decoction of the juice of artichokes. is good to open the passages of the urine, and of course is good for stone in the bladder.

HEMP.

14. This herb is good for something else besides making halters of. The seed steeped, is excellent for wind in the stomach; it opens obstructions of the gall, and is good against all fluxes, and is very good to kill the worms either in

man or beast. The juice dropped into the ears, kills the worms in them, and draws forth ear wigs. A decoction of the root is good to allay inflammation in the head or any other part, or pains of the gout, joints, shrinking of sinews, pains of the hips.

HY SOP.

15. Hysop is known to be a garden herb. Hysop boiled with reu and honey, helps coughs, shortness of breath, and wheezing, and rheumatic complaints. It helps to destroy worms in children, and being taken with figs and nitre, helpeth the dropsy. Being boiled with wine, it is good to wash inflammations; and takes away the black and blue spots that come by bruises, or falls; it is an excellent remedy for the quinsy, or swelling in the throat; it helpeth the tooth ache, being boiled in vinegar, and gargled therewith, the hot vapour of the decoction conveyed into the ear, eases the inflammation and singing noise of them. The oil thereof killeth lice, and helpeth the itching of the head. The green herb bruised with a little vinegar doth quickly heal any cut or wound.

JUNIPER BUSH.

16. The juniper berries are a most

counter poison, and as great a resister of the pestilence as any that grows. They are excellent good against the bitings of venomous beasts ; they cause urine ; it is a powerful remedy against the dropsy, even if the ashes of the bush be made into lye and drank, cureth the disease.— It provokes the terms in women, helps the fits of the mother, strengthens the stomach exceedingly, and expels wind. Indeed there is scarce a better remedy for wind than the chymical oil drawn from the berries. Those that know not how to extract the oil, may eat ten or twelve of the berries each morning, fasting. They are admirably good for a cough, shortness of breath and consumption, pains in the bowels, ruptures, cramps, and convulsions. They give speedy and safe delivery to women with child. The ashes of the wood made into lye, cures the itch, scabs, and leprosy. The berries break the stone, procure appetite that is lost.

HOPS.

17. Hops are so well known that they need no description. Every good housewife is acquainted with them. The decoction of the hops is good to open obstructions of the liver and spleen, to

cleanse the blood, and help costiveness ; is good against the gravel. They help to cure the French disease, and all manner of scabs, itch, and other breakings out of the body ; as also tetters, ring-worms and spreading sores. Half a dram of the seed in powder taken in drink, killeth worms in the body, helpeth the terms in women, easeth the head ache which cometh from heat. A sirup made of the juice and sugar, cureth the yellow jaundice, tempereth the heat of the stomach and liver.

HORSETAIL.

18. This is of the rush kind that groweth upon land, and are many sorts, but the sort that I shall here recommend is the bushy top jointed every where, resembling a horse tail, from whence it took its name. It is very powerful to staunch blood wherever, either inward or outward. A decoction of the herb being drank, it stayeth all manner of fluxes, and healeth inward ulcers. It is good to heal a green wound, it cureth ruptures in children, and it doth ease the inflammation in the fundament.

ST. JOHN'S WORT.

19. It is well known that John's wort is a singular wound herb as any other whatever, either inward wounds, hurts or bruises, to be boiled in wine and drank, or prepared into oil or ointment, bathe or taken inwardly. It hath power to open obstructions, to dissolve swellings, to close up wounds, and to strengthen the parts that are feeble. The decoction of the herb and flowers, but of the seeds especially, in wine, helpeth all manner of spitting and vomiting blood : be it by any vein broke inwardly, by bruises, falls, or whatever provoketh the terms. Two drams of seed made into powder, and drunk in broth, doth expel cholera, or congealed blood in the stomach ; it is good for all kinds of agues. A decoction of the seed is good for the sciatica, falling sickness, and the palsy.

LIVER-WORT.

20. Common liver-wort groweth close, and spreadeth upon the ground, in moist, shallowy places ; with many sad green leaves, as it were, sticking flat, one upon another, very uneven, cut in on the edges, and crumpled.

It is a singular good herb for all diseases of the liver, both to cool and cleanse it. It is a singular remedy to stay the spreading of the tetters, ring-worms, sores, and scabs. It is good against surfeits of the liver.

MALLOWS.

21. This herb grows in every country, and almost in every door yard. There are two sorts of mallows, but their virtues are the same. A decoction of the herb and root, made in wine, is opening to the body, and good in agues. A decoction of the seed made in milk, or wine, doth marvelously help the plithisic, pleurisy, and other diseases of the chest. The juice drunk in wine or the decoction of them therein, doth help women to speedy and safe delivery. Pliny saith, that whoever drinketh a spoon full of the juice in a morning, will be free from any disease that day. The leaves bruised and laid upon the eyes, takes the inflammation from them. The decoction of the leaves and roots, helpeth all sorts of poison; it is good for scabby heads, scalding, St. Anthony's fire, sore mouth, and throat. The green leaves bruised, with nitre, draw out thorns and prickles in the flesh. The high mallows is more

effectual in all the before mentioned diseases.—
The decoction of the leaves, is used in clisters, to ease all pains of the body, and open the passages. The decoction in white wine, is good for the king's evil, or swelling in women's breasts. A decoction of the root or juice, is good to give persons fainting, through loss of blood, and apply the same, mixed with honey and rosin, to the wound. Mallows bruised and boiled in milk, and the decoction for constant drink, boiled in water, cureth the dysentary.

MOTHER-WORT.

22. This herb is so well known, that I shall not describe it. There is no better herb to drive melancholy vapors from the heart; to strengthen it, and make a merry, cheerful, blithe soul, than this herb is. Besides, it makes women joyful mothers, and regulates them after delivery, as they should be. The powder thereof, to the quantity of a spoon full, being drank in wine, is a wonderful help to women in sore travel. It is good for worms in children, it helpeth cramps, and convulsions.

SPEAR-MINT.

23. Spear-mint hath a healing, binding, and

drying quality ; and therefore, the juice taken in vinegar, stayeth bleeding. It is good to repress the milk in women's breasts. The bruised herb applied with salt, cureth the bite of a mad dog. The often use of the decoction, stayeth women's terms. It is good to wash the head of young children, that have breaking out sores, or scabs thereon. The powdered herb being taken after meat, helpeth bad digestion. Mint and worm wood, being boiled in but little water, and the herbs wet with spirits and bound on the bowels of the child, hath a wonderful effect in bringing away worms.

MULLEN.

24. Mullen is well known. A small quantity of the root given in wine, is good against i sk and fluxes. The decoction of the herb is good for those that are burst, for cramps, and convulsions, and for those that are troubled with an old cough. The decoction of the root in wine or water, is good against the ague ; it openeth obstructions of the bladder und reins, when one can not make water.

Three ounces of the distilled water, drank morning and evening, for some days together, is

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a most excellent remedy for the gout. A decoction of the root and leaves, hath great effect in dissolving the tumors, swelling, and inflammations of the throat. The seeds and leaves boiled in wine, and applied, draw forth speedily, thorns and splinters from the flesh, easeth the pains and healeth them. The same laid on any member newly sprained, or out of joint, or newly set, taketh away all swelling and pain thereof.

MUSTARD.

25. This herb is singular good in all diseases of the chest and lungs, hoarseness of voice, and by the use of the decoction thereof, for a little space, those have been recovered, who had utterly lost their voice, and almost their spirits. It is good for coughs, shortness of breath, jaundice, the pleurisy, pains in the back and loins, for cholic, being also used in clisters. The seed is good against poison, for the s iatica, gout and joint aches, sores, cankers in the mouth, throat, or behind the ears, for hard and swelled breasts.

HOARHOUND.

26. A decoction of the herb with the seed, or the juice of the green herb, taken with honey, is

a sure remedy for those that are pursesey, or short winded, or that have a cough, and are going into a consumption. The green herb boiled with milk, and a spoon full taken every morning, will restore a person far gone in the consumption. It is an excellent thing for women in travel, and for those that have taken poison. The leaves used with honey, are good for foul ulcers, and will stop running or creeping sores. The juice with wine and honey, helpeth to clear the eye-sight. The decoction is good for those that have bad livers ; it killeth worms, and is good for the asthma.

CATNIP, CATMINT, OR NEP.

27. The blows of catnip dried and powdered, and taken with honey for thirty days, is a certain cure for the phthisic. It is a good remedy ; that is, the decoction of the herb for women to regulate their terms ; it is good for pains in the head, catarrh, or dissiness thereof, and is used for colds, coughs, and shortness of breath. The juice made into an ointment and applied, is good for the piles.

NETTLES.

28. Nettle tops, eaten in the spring, consume

the phlegmatic superfluities in the body of man, that the cold and moistness of winter hath left behind. An electuary made of boiled roots, leaves or juice, is a safe and sure remedy to open the pipes and passages of the lungs ; it is good to prevent the pleurisy : the same helpeth the swellings of the almonds of the ears and throat. The decoction in wine is singular good for women, and to open obstructions of the body. The decoction of the herb, or juice, or of the roots, is excellent to wash old rotten and stinking sores, fistulas, or gangreenes ; it is of great use to bathe benumbed parts of the body, and gouty limbs.

WHITE-OAK.

29. The leaves and bark of the oak, are both binding and drying. The decoction of that bark and the powder of the cup that holds the acorn, will stay vomiting, and spitting of blood, bleeding at the mouth, and other fluxes of blood : the oak buds before they break out into leaves in decoction will do the same. The same is good in pestilential fevers, for it resisteth the force of the infection, it cooleth the heat of the liver. A decoction of the leaves is one of the best remedies for women's weaknesses that I know of.

OATS.

30. Oats fried with salt, and applied to the side taketh away the pains thereof. The meal of oats boiled in vinegar and applied, taketh away freckles, and spots in the face, or other parts of the body.

ONIONS.

31. Onions being roasted in the embers, and eaten with honey and oil, do help an inveterate cough. The juice of onions is good for a scald or burn; and used with vinegar, taketh away all blemishes, spots, and marks of the skin; and dropped into the ears, easeth the pains and noise in them. Leeks are wild and very common, and as good an herb as groweth, to eat in the spring to physic the blood, and is an excellent guard against epidemical fevers, and other disorders. The root and herb, being boiled and applied, is an excellent remedy for the piles.

PARSLEY.

32. Parsley, a garden herb well known, is of an opening nature, and therefore good to open obstructions of the liver and spleen. It provoketh

urine mightily, especially if the roots be boiled and eaten like parsnips ; is of course good for the gravel in the bladder ; it is good to give children troubled with wind, and it taketh away inflammation of the eyes. The herb being fryed in fresh butter and applied to women's breasts, takes the pain, and swellings thereof. Take of the seeds of parsley, fennel, amsey and caraway, of each one ounce ; of the roots of parsley, burnet, sasafras and caraway, of each an ounce and half ; let the seeds be bruised and the roots washed and cut small ; let them lie all night and steep in a bottle of white wine, and in the morning let them be boiled in a close earthen vessel, until a third part be evaporated, which being strained and clear, take four ounces morning and evening, first and last, abstaining from drink after it for three hours. This will open obstructions of the liver and spleen, and expel the dropsy and jaundice by urine.

THE BEECH TREE.

33. The leaves and flowers of the beech tree, made into a syrup, does exceedingly help weak and debilitated constitutions. Two spoons full of the sirup may be taken every morning. The leaves bruised and laid on the bowels, killeth

worms : it doth the same in decoction, being drank for that purpose. The decoction is gently physical. A sirup made of the flowers, as the sirup of roses is made, is a gentle puke, and spendeth waterish and hydropical humors by the continuance thereof. The flowers made into a conserve, worketh the same effect. The meat of the stones steeped, doth most wonderfully help all pains in the bowels.

PENNY ROYAL.

34. Penny Royal warmeth the coldness of any part to which it is applied ; being boiled, it helpeth forward the terms of women regularly. It stayeth vomiting ; being taken in water and vinegar, mingled together, and being mixed with honey and salt, it cleanseth phlegm from the stomach. The green herb bruised and put into vinegar, cleanseth foul ulcers, and taketh away the marks and bruises upon the eyes. Boiled in wine, with honey and salt, it helpeth the tooth ache. Mints and penny royal put into vinegar, are excellent against swoonings and faintness.

PLANTAIN.

35. This herb groweth in every place in mead-

ows, by paths, that it needs no description. The juice clarified and drank for several days together, prevaieth wonderfully against all pains in the bowels, and stayeth all manner of fluxes. It is good to stay spitting of blood, or the making foul and bloody water, by reason of ulcers in the kidneys or bladders; it is held a special remedy for the phthisic, or consumption of the lungs, or ulcers of the lungs, or coughs that come of heat.—The decoction, or powder of the roots or seeds, is much more powerful for the aforesaid purposes, than the leaves. A decoction of the root is effectual to cure agues of any kind. The clarified juice, dropped into the eyes, cools the inflammation, and takes away the web; and dropped into the ears, restores the hearing. The decoction or juice, is good for old foul ulcers, and for cankers in the mouth, or sores in any part. It is good to apply where any bone is out of joint, to hinder inflammations, swellings and pains that rise thereupon. The dried leaves, powdered and taken in honey or molasses, will destroy worms. One part plantain water, and two parts of beef brine, boiled together and clarified, (that is, all the scum taken off,) is a most sure remedy to heal all manner of scabs or itch, tetters, ring worms and

shingles. Finally, plantain is a singular herb to heal wounds or sores, either inward or outward.

POPLAR TREE.

36. Poplar is very cooling. Therefore, the leaves bruised with vinegar and applied, helps the gout. Poplar buds are used by women to beautify their hair, and by bruising them with fresh butter, and setting them in the sun, makes an ointment that is good for inflammations of every kind.

QUEEN OF THE MEADOW.

37. The stalks are reddish, they grow three or four feet high, having at the joints, large winged leaves, standing one above another, being hard, rough or crumpled, much like an elm leaf, having also, some smaller leaves with them of a sad green colour on the upper side, and greyish underneath, of a pretty sharp scent and taste, somewhat like burnet. At the top of the stalks and branches, stand many tufts of small white flowers, thrust thick together which smell much sweeter than the leaves. The root is blackish on the out side, and brownish within, and has a strong scent, but nothing so pleasant as the leaves and flowers.

Queen of the meadow grows in moist land and near rivers and water courses. It is good to stop all manner of bleedings, fluxes, vomitings and courses, and also, other weakness. It is said to stop agues and make a merry heart, for which purpose, some use the flowers and some the leaves. It helps speedily those that have the cholic. It helps all ulcers that are cankered, rotten and hollow, and fistulas, and sores in the mouth or secret parts. The leaves, when full grown and laid on the skin, draw a blister.

GARDEN REW.

38. Rew is a counter poison. The seed thereof, taken in wine, is an antidote against all dangerous medicine or deadly poison ; it will destroy worms in children, and is good (being bruised with wormwood and wet with spirits and applied to the bowels,) to fetch away worms. The herb being often made use of in drink, will cause abortion, and will stop venereal inclinations. A decoction, made of the herb, with some dried dill leaves and flowers, eases all pains inwardly, to be drunk and outwardly to be applied to the pained parts.

RUPTURE WORT.

39. Rupture wort spreadeth very many thready branches round about upon the ground about a span long, divided into many other smaller parts, full of small joints set very thick together, whereat come forth two very small leaves of a fresh yellow green colour, branches and all, there grows forth also a number of exceeding small yellowish flowers, scarce to be discovered from the stalks and leaves. The seeds are as fine as dust. The root is very long, thrusting down deep into the ground, a little bitter and sharp withal in taste.

Rupture wort has not its name in vain, for it is found by experience to cure the rupture in children and other people, by taking a dram of the powdered herb every day in wine. It helps all other fluxes, either of men or women, vomiting also. It is good for the gravel and stone, and the same also helps all griping pains in the stomach or belly or the obstructions of the liver, and cures the yellow jaundice; it likewise kills worms in children, and it dries foul ulcers or spreading sores.

RYE.

40. The bread and leaven of rye meal, ripens and breaks imposthumes, boils and other swellings.— Rye meal moistened with vinegar, put into a bag and laid upon the head, does very essentially ease the pain.

SAFFRON.

41. It is a great strengthener of the heart, and only ten grains must be taken at a time. It quickens the brain, helps the consumption of the liver, difficulty of breathing, and is an excellent thing in epidemical diseases, as pestilence and measles, and a notable remedy for the yellow jaundice.

SAGE.

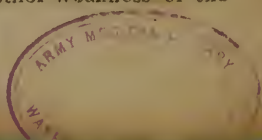
42. A decoction of sage causes urine, stays the bleeding of wounds, and cleanses foul ulcers and sores. Orpheous says three spoons full of the juice of sage taken fasting, with a little honey, stays the spitting of blood, of them that are in a consumption. Take of ginger and spignard, each two drams, of sage seed toasted by the fire, eight drams, of long pepper twelve drams; make this into pills, and take a pill or two morning and eve

ing. It is good for all pains in the head, and cleanses away humours; it helpeth pains in the joints, is good for the lethargy and falling sickness, and it enlivens the spirits. Sage taken with worm wood, is good for the bloody flux, and is a regulator of women's terms. Sage juice dropped into the ears kills the worms therein, and is good to help the memory. The juice of sage drunk with vinegar, is a good medicine for the plague at all times, and an excellent wash may be made with sage, rosemary, honey suckles and plantain, by adding a little honey and allum, for sore throat or mouth cankers, in any part of the body.

SOLOMON'S SEAL.

43. The great white solomon's seal is found by experience to be available in the cure of wounds of every description, by making use of the pounded root, or in salve. The decoction of the root will stay vomiting, and plagues in general of any kind, and is most excellent to apply the pounded root or bathe with the decoction, any joint that is out of place, or bone broken; it will cause it to knit soon, and will dispel congealed blood. It is good in syrups made with nunk roots and spirits, for the consumption and other weakness of the

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breast and stomach. It is good to cleanse the face from freckles or spots on the skin, leaving the skin smooth and fair, and is much made use of by the Italian ladies for this purpose.

SANICLE ; OR, BLACK SNAKE ROOT.

44. It grows in moist rich land and generally in meadows, bearing a number of burs on the top of the plant. The root is blackish, and of a strong good smell. The decoction of the herb or root, or the root in powder, or made into an ointment, is good to use as the case may require, for green wounds, ulcers, imposthumes, inward bleedings, swellings, ulcers in the mouth, throat and privates, and it helps to stay immoderate fluxes. The root put into good rum and drunk, has cured a deep consumption. This root and herb, may be reckoned amongst the best of medicine, for weakness and debility, being a great strengthner of the system.

SCABIOUS.

45. Scabious grows up with many hairy, soft, white, green leaves, some of which are but very little, if at all, jagged on the edges, others are very much rent and torn on the sides, and have threads

in them, which, upon the breaking, may be plainly seen, from among which, rise up many hairy green stalks, three or four feet high, with such hairy green leaves on them ; but more deeply and finely divided, and branched forth a little. At the tops thereof, which are naked and bare of leaves for a good space, stand round heads of flowers, of a pale blewish colour, set together in a head.—The root is large and runs down into the ground, and of a reddish cast. It grows in meadows and in old fields and amongst corn. There are three or four sorts of scabious, but they are similar and their virtues are the same.

Scabious is very effectual for all sorts of coughs, shortness of breath, and all other diseases of the lungs and breast, ripening and digesting cold phlegm, and other tough phlegm and humors, avoiding them by coughing and spitting. Drink the clarified juice in the morning, fasting, with a dram of mithridate and molasses, frees the heart from infection, pestilence and epidemical complaints, then let the party go to bed and sweat. The green herb pounded and applied to any boil or swelling, eases the pain and will draw it to a head. It helps all sores proceeding from the French disease. The juice of scabious, made up with the,

powder of borax and camphire, cleanses the face of freckles or pimples, and the head washed with the same cleanses away dandruff, scurf, sores, itch and the like. The bruised herb applied to the flesh, draws forth splinters, thorns, arrow heads or the like, lying in the flesh.

SHEPHERD'S PURSE ; OR, SHEPHERD'S POUCH, TOY-
WORT ; OR, CACE WEED.

46. This little herb has sundry names, and is an excellent pot herb. The root is small and white, and perishes every year. The leaves are small and long, of a pale green colour, and deeply cut in on both sides, amongst which, spring up a stalk which is small and round, with small leaves upon it even to the top, and the flowers are white, and very small.

It is of a dry, cold binding nature. It helps all fluxes, spitting of blood, and those that make bloody water, and being bound to the wrists and soles of the feet, it helps the yellow jaundice.—The herb made into a poultice, and applied, helps inflammations and St. Anthony's fire, and the juice dropped into the ear, easeth the pain thereof.—A good ointment may be made of this herb for all wounds and especially those in the head.

COMMON SORREL.

47. Sorrel is a cooling herb, and therefore it helps inflammations and heat of blood in agues, sickness and fainting, and to refresh over spent spirits, that have had fits of fever and ague, and to quench thirst and cause an appetite in decayed stomachs. It resists the putrefaction of the blood, kills worms, and is a cordial to the heart. But the seed is most effectual, being more drying and binding. The roots, seeds and herbs, are good for the poison of a serpent.

A decoction of the flowers made in wine, helps the black jaundice and inward ulcers. A syrup made of the juice of sorrel and fumatory, is an excellent remedy to kill those sharp humors caused by the itch. The juice with vinegar and applied outwardly, is good for scald head or tetters, ring worms, &c. It helps the kernel in the throat and the juice is good for sores in the mouth. The herb pounded and roasted, being applied to a humour, blotch or boil, will quickly fetch them to a head and break them.

WOOD SORREL.

48. Wood sorrel is of the same nature, and is

good for all the aforementioned disorders, and is thought to be more effectual in hindering the putrification of the blood, and tempering inflammations. It is good to stay vomiting, and is excellent in pestilential and contagious fevers, cools inflammations in the throat, and helps them much.

STRAWBERRIES.

49. Strawberries when green are cold and dry, but when ripe are cold and moist. The berries are excellent to cool the liver, blood and spleen, or any choleric stomach, fainting spirits, or quench thirst. They are not good to take in settled fevers. The leaves and roots boiled in wine and water, stays the bloody flux. The juice of the berries distilled, is a sovereign remedy for the purging and beating of the heart, and is good for the yellow jaundice. The juice, or the decoction of the herb or root, dropped into, or washed with the same, helps to cure foul ulcers, in any part of the body ; is good to fasten loose teeth, and helps spongy and foul gums. The juice is good for inflamed and sore eyes ; it is good for sores and humors on the body, redness of the face, or spots or other deformations of the skin, and will make it smooth and fair.

It is a very wholesome, cooling herb, and good with bread and milk ; but to some people they are poison, and they cannot make any use of them whatever.

SMALL HOUSE-LEEK.

50. It grows with many trailing branches upon the ground, set with many thick, flat, roundish, whitish, green leaves, pointed at the ends. The flowers stand many of them together. It grows upon stone walls and mud walls ; upon the tiles of houses, and amongst rubbish ; upon stumps or almost any place, with but little earth or moisture. It is of a cold nature and something binding, and therefore good to stay defluxions, especially such as fall upon the eyes. It expels poison, resists pestilential fevers, being exceeding good for tertian agues. You may drink the decoction of the herb for all the aforementioned diseases. It is so harmless an herb that you can hardly use it as a poison. Being bruised and applied to the place, it helps the kings evil, and many other knots in the flesh, and also the piles.

TOBACCO.

51. Tobacco is found by experience to be good

to expectorate tough phlegm from the stomach, chest and lungs. The juice is an excellent remedy for worms. You may sweeten, distill or make it into a syrup, and it answers the same purpose.— It eases the pain in the head, and the griping pains in the bowels. It helps to expel the stone in the kidney or bladder, and casts it off by urine. The seed thereof is very effectual to cure the tooth ache, and the ashes of the herb to cleanse the gums, and make the teeth white. The herb bruised and applied to the place aggrieved with the king's evil, is very effectual in nine or ten days. Manardas says it is a counter poison to any venomous serpent. The juice is good to kill lice in children's heads.

The juice applied to any green wound or cut, cures it very effectually, and will cleanse and heal old sores.

SPIGNARD ; OR, PETIMORAL.

52. This is good in syrups for consumptive complaints. The roots boiled in wine or water, and drunk, helps the stoppage of the urine, swellings and pains of the stomach, pains in the mouth, and all joint aches. If the powder of the root be taken with honey, it breaks tough phlegm, and

dries up the rheum that falls upon the lungs. The roots are accounted very effectual against the sting or bite of any venomous creature. The roots pounded and applied to an old sore or wound, [the root must be boiled and the pith taken out,] will do wonders, when other things fail. The sore must be washed in the water in which the root was boiled, at every dressing.

GARDEN TANSY.

53. There grows not a better herb for women than this. It regulates them just as though it was made wholly for their use. It will prevent miscarriages. It will consume the cold and moist humors that are caused by winter, which affect the bodies of men and women. The juice of tansy drank in wine, is good to open the passages of urine, and expel wind. The seed is good to give children for worms, and the juice is effectual, being boiled in oil. It is good for shrunk sinews occasioned by cramp. You may use it in decoction, in syrup, in powder, or in wine, and the juice is equally good, as the case may require.

LADIES' THISTLE.

54. It is the common thistle that grows almost

every where. It is thought to be effectual for agues, to cure phlegm and to open obstructions in general. It is good against the jaundice and dropsy, pains in the sides, and many other pains and gripings, and cleanses the blood exceedingly. And in spring, take the leaves, cut off the prickles and boil them as common greens, and eat them in this way ; it will change the blood as the season changes, and that is the way to be safe from disease.

HONEY SUCKLE ; OR, MEADOW CLOVER.

55. If the herb be boiled and used as a clister, it eases the griping pain of the gout. The herb boiled, made into a poultice and applied to inflammations, will ease them. The juice thereof dropped into the eye, takes away the pain and web, and helps eyes that are blood shot. The seed and flowers boiled in water, and made into a poultice, with some oil and applied, helps hard swellings and inflammations.

VIOLETS.

56. The blue violets grow spontaneously in mowings, by the side of streams, and it has a leaf about the bigness of a cent, of an oval form, and somewhat rough. It bears a pale blue blow, and

blows early in the summer. The root is about an inch long, and appears jointed, and when chewed in the mouth, becomes slippery like the white of an egg. This root is used in the bilious cholic, dysentary, coughs, &c. It eases the pain of the gravel, stoppage of urine, and is an excellent remedy in debilitated cases of almost every kind. A dram weight of the dried leaves or flowers, purges the body of choleric humours. The dried flowers are accounted among the cordial drinks, especially where cooling cordial is necessary. They are good for plasters and poultices, for inflammations and swellings.

WHEAT.

57. To eat the green berries of wheat is hurtful, as it breeds worms in the stomach. Pliny says that the corns of wheat roasted on a shovel, and eaten, is a present remedy for those that are chilled with the cold. The oil pressed from it between two small plates of iron, heals all tetters, scald head and ring worms. The same oil is good to put into hollow ulcers, and will heal them up, and is good for chapped hands and feet. Hot wheat bread, being applied for an hour at

a time, three days together, perfectly heals the kernels in the throat, commonly called king's evil. The meal boiled in vinegar helps the shrinking of the sinews, says Pliny. And mixed with vinegar and honey, boiled together, heals all freckles, spots and pimples on the face.—Wheat flour, mixed with the yolk of an egg, honey and turpentine, doth draw, cleanse and heal any hile, plague, or foul ulcer. The bran boiled in vinegar, and applied to swelled breasts, helps them and takes away the inflammation

WORM WOOD.

38. This herb is as hot as your blood, and no hotter, and is a wonderful remedy for worms, if you take the powdered leaves in honey or molasses. The juice is equally as good, for it provokes urine, and helps surfeits and swellings, and restores appetite that is lost. It helps the yellow jaundice, and is a great preserver of health. Put the herb in'o a chest among clothes and the worms never will touch them. The juice will prevent rats or mice from eating or gnawing where ever it is applied, and it cures the cholic. A drop of the juice will prevent any harm from

those that have drank too much spiritious liquors.

YARROW, CALLED ALSO, NOSE BLEED ; OR THOUSAND
LEAF.

59. An ointment of them cures wounds, and are fit for such as have inflammations. Boiled in white wine, it stays all manner of fluxes, and the decoction being drunk, as also the bloody flux. The ointment of it is not only good for green wounds, but also for ulcers and fistulas.—The decoction of the herb applied to the head, stops the shedding of the hair, and it helps such as cannot hold their water. The leaves chewed in the mouth, helps the tooth ache. The virtues of this herb are drying and binding, and is good of course, for all fluxes of the body, if rightly applied.

. SELF-HEAL ; OR, SICKLE WORT.

60. The common self-heal is a small, low creeping herb, having many small roundish leaves, somewhat like the leaves of wild mint, of dark green colour, without any dent on the edges ; from among which, rise divers square hairy stalks, scarce a foot high, which spread sometimes into
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branches, with divers leaves set thereon, up to the top; where stand brown spike heads of small brown leaves like scales and flowers set together, almost like the heads of cassidony, which flowers are gaping and of a bluish purple, or more pale blue, in some places sweet, but not so in others. The root consists of many strings or fibres downward, and spreads strings where it increases. The small stalks with the leaves creeping upon the ground, whereby it is made a great tuft in a short time. It is found in woods and fields every where, and it flowers in May.—Self-heal is a notable wound herb and is a special herb either taken inwardly in syrup, or applied outwardly as a poultice. If it be accompanied with sanicle and other wound herbs, it will be effectual, and to wash or inject it into ulcers outwardly, where there is cause to repress hot humors and inflammations, swellings or the like; or to stop the blood in any wound, it is used with success; and also to cleanse the foulest sores, and cause them speedily to heal. The juice with oil of roses, to annoint the temples and forehead, is very effectual to remove the head ache. The German proverb is herein verified; that he

needs neither Physician nor Surgeon, who has self-heal and sanicle.



SOW THISTLE.

61. Sow thistle is cooling and something binding, and is very fit to cool a hot stomach and to ease the gnawing pains thereof. The milk that is taken from the stalks, is good for those that are short winded. Pliny says it has caused the gravel and stone to be voided by urine, and that the eating thereof, helps a stinking breath. Three spoonfull of the juice taken in white wine warmed with some oil put therein, causes women to have so easy and speedy delivery that they will be able to walk presently after. The herbs bruised, or the juice is profitable to cure inflammations in the eyes, or any other place, or the heat and sharpness of humors in the privates.— It is excellent for women to wash their faces with, and clear the skin, and give a lustre thereto.

VERVAIN ; OR, VARVINE.

62. The common vervain has somewhat long, broad leaves next the ground, deeply gashed about the edges, and some deeply dented or cut all alike ; of a blackish, green colour on the up-

per side, and somewhat gray underneath. The stalk is square, branched into several parts, rising about two feet high, especially if you reckon the long spike of flowers at the tops of them, which are set on the sides one above another, and sometimes two or three intermixed; after which, come small round seeds. The blow is small and gaping, of a purple blue colour, and white intermixed, and the root is small and long, but of no use. It grows generally throughout, waysides and waste grounds.

Vervain is hot, dry and bitter; opening obstructions, cleansing and healing. It helps the yellow jaundice, dropsy and gout, and the leaves being boiled and the decoction being drunk, is good against the bite of a serpent, or any venomous beast.

It kills and expels worms in the belly; is effectual in all diseases of the stomach and lungs, coughs, shortness of breath, expels the gravel and stone, and used with some honey, heals all old ulcers and fistulas in the legs or other parts of the body, as also the ulcers in the mouth, or used with hog's grease, is good for the piles and hemorrhoids. The distilled water of the herb, when in its full strength dropped into the eyes,

cleanses them from filns, clouds or mists that darken the sight; and the said water is very powerful for all the above mentioned diseases, inward or outward, whether old sores or green wounds.

TIME.

63. It is an herb so generally known that it is not necessary to describe it. This is a notable strengthener of the lungs, and there is not a better herb for the chincough. It purges the body of phlegm, and is very excellent for shortness of breath. It kills worms in children, and being an herb of Venus, it provokes the terms, and gives safe and speedy delivery to women in travel. You need not fear to use it, as it is a harmless herb. An ointment made of it takes away hot swellings and warts, and helps the sciatic and dull sight, and is good for the gout. It eases the pains in the loins and hips, and the herb taken any way inwardly comforts the stomach much, and expels wind.

MARIGOLDS.

64. It is an herb of the sun and under Leo. They strengthen the heart exceedingly, and are good to be used in the small pox and measles.—

The juice of marigold leaves, mixed with vinegar, is good to bathe any hot swelling ; it eases the pain and gives relief immediately. The green or dried flowers, are good in possets and broths and drinks, as a comforter of the heart and spirits. A plaster made with the dry flowers in powder, hog's fat, turpentine and rosin, and applied to the breast, strengthens and succors the heart infinitely in fevers.

SWEET MARJOREM.

65. Our common marjorem is warming and comfortable in cold diseases of the head, stomach, sinews and other parts taken inwardly, or applied outwardly. The decoction thereof being drunk, helps all diseases of the chest, and asthmatic complaints, and is good for female complaints.

The powdered herb, in honey, applied to a bruise, draws out the black and green spots, and is good for inflammations of the eyes, being mixed with fine flower and applied to them. The juice dropped into the ears, eases the pain and singing noise in them. An ointment made of the juice, hog's lard, turpentine and the yolk of

An egg, is good for stiff and swelled joints and shrunk cords.

MOUSE-EAR.

66. Mouse-ear is a low creeping herb, of a small hairy leaf, and being broken gives a white milk. The blows are something like dandelion flowers, a little red on the under side. It grows on dry and sandy ground, not more than a span high. This herb is under the government of the moon. The juice of the herb taken in wine is good for the jaundice, and is excellent for the tormenting pain of the gravel, and all other gripping pains of the bowels. It is a singular wound herb, both inward and outward. It helps the bloody flux and is excellent for women that flow too much. A syrup made of the juice and sugar, is good for those that have a cough and phthisic, and the same is good for ruptures and bursts. The pounded herb is good to apply to any fresh wound. The distilled water is available in all the above mentioned diseases, and to wash outward wounds and sores. by applying wet cloths thereon.

DWARF ALDER.

67. This herb lies every year with the stalks on the ground, and rises afresh in the spring, and is like the other alder both in form and quality, though not of the same taste, it being nearly that of sassaferilla; rising up with a four square, rough, hairy stalk, four feet high. The winged leaves are somewhat nearer than the common alder, otherwise very much like them. The flowers are white, with a dash of purple, standing in umbels like other alder, but more sweet in scent. After which, come small blackish berries full of juice, while they are fresh wherein there lies hard kernels or seeds. The root creeps under the upper crust of the ground; sprugs afresh in divers places, being the liness of one's finger or thumb, in ground that suits the plant. The dwarf alder is more powerful than the common alder, in opening and purging choler and phlegm from the stomach. It helps the gout, piles and women's diseases, colours the hair black, helps the inflammation of the eyes, pains in the ears, the bite of a serpent or mad dog, burnings and scaldings, wind cholic and stone in the bladder. Either leaves or bark stripped upwards. causes

vomiting ; but downward it purges. Dr. Butler, in a manuscript of his, commends dwarf elder to the skies, for dropsies ; and has, of late, been found to be a most effectual remedy, and hath speedily cured those in the last stage of that disorder. The decoction in wine or without, either root or branch ; but the root I believe to be the most effectual, being made or taken in decoction, it works off by urine.

MULLBERRY TREE.

68. This herb is well known in every country where it grows, and needs no description. The bark of the root of mulberry in powder, kills the broad worm of the body. The juice or the syrup made of the juice of the berries, helps all inflammations or sores in the mouth or throat, and the palate of the mouth when it has fallen down.

The juice of the leaves is a remedy against the bite of a serpent. The leaves beaten with vinegar, are good for a burn. A decoction of the herb and leaves is good to wash the mouth and teeth when they ache. If the root be slit a little and a hole be made in the ground, so as to set a vessel under in harvest time, it will catch a cer-

tain juice, which being hardened, is fit for use, it will help the tooth ache and dissolve knots in the flesh, and purge the bowels. A branch of the tree taken when the moon is in the full, and fastened to the wrist of a woman's arm whose courses come down too much, will stay them in a short time.

GOLDEN ROD.

60. This herb rises up with small, brownish, round stalks, two or three feet high; having on them many narrow and long leaves, of a dark green, very seldom any dents about the edges, or any stalks beside the main branch; yet divided at the top into many small branches, with small yellow flowers on every one of them, all of which are turned one way. It dies down to the ground every fall, and springs up anew in the spring.

Venus owns the herb, and it is said it will restore beauty that is lost. It provokes urine and expels the gravel and stone. A decoction of the herb or juice is effectual for inward bruises. It stays bleeding in any part of the body, and is no less prevalent in all ruptures and bursting, being drank or outwardly applied. It is a sovereign

wound herb, both for inward and outward hurts, green wounds, old sores, ulcers, quickly and cures them. A decoction to wash the mouth is good to fasten loose teeth.

TAMERACK TREE.

70. It is so well known where it grows that it needs no description. The leaves boiled in wine and drank, are good to stay the bleeding of the hemorrhoidical veins, spitting of blood, to stop women's courses, help the jaundice cholic, biting of a serpent, and the bark is as effectual for all the aforementioned diseases.

The balsam is contained in small sells which may be found by cutting into the tamerack.— This balsam has a wonderful efficacy in curing wounds, bruises in the breasts, coughs, weak eyes, &c. A dose for an adult is but three or four drops, which is as much as the stomach will bear. This balsam spread upon leather, makes an excellent strengthening plaster for the stomach and back, and for joints that are affected with rheumatism.

ROSA SOLIS ; OR, SUN DEW.

71. It has many small, hollow leaves, some-

what greenish, but full of certain red hairs.— There is a dew upon the leaves in the hottest, dry weather; yea, the hotter the day the moister they seem. It grows on marshy, wet places.

Sundew is accounted good for those that have the salt rheum, distilling on the lungs, which breeds a consumption; therefore the distilled water, in wine, is good for the same, and will be of a gold colour. The same water is good for all the diseases of the lungs, and comforts the fainting spirits. The leaves applied to the skin, will raise a blister. It is good for sickish qualms in the stomach, &c.

POPPY.

72. The garden poppy heads and seeds made into a syrup, is frequently used with good success, to procure rest and sleep for those that are sick and feeble; and to stay catarrh, and defluxions of the hot rheums from the head into the stomach and upon the lungs; causing a continual cough, and forerunner of the consumption. It helps hoarseness of the throat, and when one has lost their voice, which the oil of the seed does likewise. The empty shells of the poppy are usually boiled in water, and given to pro-

cure rest, so do the leaves in the same manner ; and also, the head and temples, being bathed with the warm decoction of the oil of poppies. The green heads or leaves bruised and applied with a little vinegar, or made into a poultice with barley meal or hog's grease, cools and tempers all inflammations, and also the disease called St. Anthony's fire. Opium made of the juice of the poppy, is good to put into hollow teeth.

PILLITORY OF THE WALL.

73. It rises up with many brownish, red, weak, clear, and almost transparent stalks, about two feet high ; upon which grow at the several joints, two leaves somewhat broad and long, of a dark green colour, which afterwards turn brownish ; smooth on the edges, but rough and hairy as the stalks are also at the joints, with the leaves from the middle of the stalks upwards, where it spreads into branches, stand many small, pale, purple flowers, in hairy, rough heads or tufts ; after which, come small, black, rough seeds, which will stick to any cloth or garment that shall touch them. The root is rather long with many fibres

thereat, of a dark reddish colour which abideth the winter, but the stalks perish.

It groweth wild generally through the land, about the borders of fields, by the side of walls, and among rubbish, and it flowers in June. A decoction of this herb, with sugar or honey, is a singular remedy for an old dry cough, and shortness of breath. The juice is good to expel the gravel-stone in the kidney or bladder. It is often used with other herbs for injections, to ease griping pains in the back, sides and bowels. The decoction of the herb being drank, cures female complaints, and is good, mixed with honey, to gargle a sore throat. The juice dropped into the ears will ease the pain of them. The juice is very effectual to cleanse fistulas, and to heal them up safely. The herb bruised and applied with a little salt, is excellent to heal any fresh wound; and if it be bound on three days, you will need no other medicine. A poultice made of this herb and mallows, boiled in wine, with wheat bran and bean flower, with some oil put therein, and applied to any bruised sinew, tendon or muscle, restores them in a very short time to their strength, and will both ease the pain and dissolve the congealed blood. The juice of pil-

litory clarified and boiled into a syrup with honey, and a spoonfull being drank every morning for a week, and if any person ever has the dropsy, let them come to me and I will cure them gratis, says Nicholas Culpepper.

DOGMACHEMOSE.

74. This shrub grows ten or fifteen feet high, and commonly in clusters. The bark is of a darkish green and smooth, with large leaves and rather rough. Amongst the clusters are seen many straight, green, smooth, whips or sticks. Some people call it dogmackky. It is an Indian name, however, and is a good medical bush.

A decoction of the bark is very effectual to cleanse the blood and strengthen the system, where it has become vitiated by the king's evil, cancer, consumption, and many old debilitating complaints which have been of long standing.

BLUE COHOSH.

75. This is an Indian herb. It grows in moist uncultivated ground, fourteen or fifteen inches high, and may be known by the blue berries on the top of the stalks about the bigness of a buck-shot, sometimes there are four on a stalk; and it

may be found by the berry in the winter when the snow is not deep.

Blue cohosh is gently physical, and is good to open obstructions in general, and is a most effectual remedy for the canker in the mouth, a mouth water being made of the root in decoction, and sweetened with honey.

BLOOD ROOT.

76. This herb grows in rich uncultivated lands, and is generally known in countries where it grows. The leaf is roundish and the root is red, and sometimes the bigness of one's finger. This root is excellent for all diseases of the lungs and other complaints; but it being a powerful medicine, should be given in small doses and frequently repeated. The root in powder is generally used. This powder is good to sprinkle into old filthy sore ulcers and fistulas, cleanses them and causes them to heal.

The green root pounded and applied to a cancer, soon destroys its malignity, and effects a cure. But the patient should drink a tea made of five fingers while the cure is progressing.

YELLOW DOCK.

77. The decoction of yellow dock is very effectual in cleansing the blood of humors of every kind. It helps those that are falling in a dropsy, especially at the beginning of the disorder. It is most effectual against the poison of serpents, and good against all diseases of the brain and continual head ache.

PIUNKUM ; OR, NUNK ROOT.

78. This herb grows on rich intervale lands, by the side of streams, and on low ground that is washed by rivers in the spring. It has a small round leaf and very fine, with notches on the edge of the leaf. There are a number of leaves standing on small foot stalks. It grows not more than six or seven inches high, and the root is of a purple colour, and has a very good smell.

There is no better herb grows in our country than this, to stop blood and heal a fresh wound. A decoction of this herb being drank, is good for a consumptive cough. The herb and root bruised and put into spirits or in clear water, and drank as a bitter, is an excellent remedy for the consumption.

BALM OF GILEAD.

79. The buds of this tree put into wine and drank, are very strengthening to those of a weak constitution. The buds and deer's tallow make an excellent salve for broken breasts, and for any fresh wound. I have thought there was no salve could equal it.

CRAMP ROOT ; OR, IRON ROOT.

80. Cramp root steeped and the decoction being drank, cures night sweats, and is an excellent remedy for the cramp in the stomach, and else where, it may be put into spirits. Brandy is thought to be the best. It is also good against fevers. Cramp root is found under white or black oak or beach trees, and adheres fast to the root of the tree, under which it is found. It rises up a small stalk, something like convulsion root, eight or ten inches high, and has no leaf except a kind of husk which lies close to the stalk. Upon the top is a bowl as large as a bean, similar to the pod in which the seed of tobacco is contained. And this pod is full of seed that hath so near resemblance of tobacco seed, that it is difficult to distinguish it apart. The root

is a rough, jagged, uneven burl or knot, growing fast to the root of the tree under which it is found and cannot be separated without an axe. Upon the top of the root and round about, are many buds, that are ready to rise in the spring.

OX BALM, YELLOW ARTICHOKE, HARD ROOT; OR,
TOAD ROOT.

81. The top of this herb resembles the artichoke, and has a strong aromatic smell. It grows in moist, rich soil, generally about two feet high. The root is as hard as the white oak root, resembling a bumble bee's nest, of a knotty shape.—This root is used in cases of dysentery and night sweats.


FEMALE ROOT AND FLOWER.

82. It often grows by the side of ponds, has a leaf, and blossoms some like cowslips. But it grows single, one root or stalk by itself, and some smaller than the cowslips. The leaves are green, and the blossoms yellow. This is one of the finest of roots for the female use in the world.—The ladies would do well to gather this in summer.

BLUE FLAG ; OR, FLOWER DE LUCE.

83. The blue flag is so generally known, I shall not describe it. Its use is in ointments, and to put into spirits a small quantity in case of worms. It is good to relieve pains in the head, and properly prepared, makes excellent physic ; but being a powerful root, must be very carefully handled.

PRIDE, FIRE WEED, WHIPCYWOG, HORSETAIL ; OR,
WHITE TOP.

84. It grows about waist or shoulder high, one stalk from the ground, and has a very bushy top. The stalk is round, hairy, and the leaves are long, narrow and pointed ; of a dark green, with three small notches on each side of the leaf. The leaves stand thick upon the stalks, nearly from the bottom. This herb is used in stopping immoderate evacuations of blood from any part of the system, by making use of the juice of the green herb or the dry in decoction. It should be gathered before it blows out, and the juice got out, and add a little spirits to preserve it ; or the herb gathered and dried to be taken in decoction.— It groweth in old fields on dry land.

SAXIFRAGE ; OR, GOLDEN SEAL.

35. This herb grows in rich intervale lands, blossoms in May, and goes to seed in June. It rises up eight or ten inches high, and sometimes eighteen inches before seeding. The leaves resemble the elder leaf; the blossom is yellow; the stalk runs up four or five inches above the leaves and spreads out into ten or twelve little stems.— On each stem is a dozen or more blows, from which originate the seed, which is something similar to dill, though more plump and round.— The root is brownish on the out side, but very yellow within, and has a warm aromatic taste. The root is somewhat jointed, and runs along three or four inches. This is used in all cold complaints of the stomach and bowels, and is a very warming, stimulating, astringent, good in dysentery, and is excellent for pains in the head, and the root chewed helps the tooth ache. It is good in syrups for consumptive complaints, also in bitters where a cordial is made. It is a very cheering and useful root, and put into wine is good for female weakness.

HOUND'S-TONGUE ; OR, SMOOTH LEAF.

86. Hound's tongue lies flat upon the ground, and resembles the hound's tongue. It is smooth and shining and has generally but two leaves, but sometimes there will be more. It is of a purple green colour, six or eight inches in height, about an inch and a half wide in the middle, and sometimes two inches or more, not dented on the edges, and the taste somewhat resembles the garden cucumber. The root has three or four yellow strings which, in taste, are nearly the same as the lady slipper root. It grows in moist timber lands. The herb and root jammed up and steeped in cold water, is an excellent remedy in consumptive complaints, coughs, &c.

NERVE ROOT.

87. This is a beautiful little brake, growing on beech and maple land, rising up with but one stalk smooth and round, without leaves except at the top ; where it branches out into three or four little branches, something like the hog brake, though not more than a foot high, and in the centre of these branches arises a strait spire, and the blossoms are seen towards the top, from

whence the seed is produced. The root is black, and composed of a number of strings of a strong bitter taste. This is an astringent, and used in nervous complaints, and is a fine cordial root, and is good in all complaints of the breast and lungs; but being a small root, a large quantity is not easily obtained. It is generally used in cordial drinks, and put into wine or taken in powder, with honey or molasses.

DRAGON'S TOOTH.

88. This is a little dwarf turnip, found late in the fall under an old bed of March turnips, but many of them are not larger than a pea. They extract all their powers from the old turnip.—They are called by some Doctors, the royal vegetable caustic. When these are dried and powdered, they make the easiest caustic ever applied to human flesh.

These powders will kill all honey comb sores, and all proud or fungus flesh, in any sore whatever.

LOCKAWASH.

89. This I cannot describe very accurately; however, it grows in swamps and wet rich soil,

and along spring brooks that run through meadow lands. It grows two or three feet high and blows late in the fall, with a pale blue blossom.— It grows in bunches, and I think blows out the latest of any herb. By this I think it may be known, for the blows stand thick and may be seen at a distance. There is another kind which grows on dry land, and called the frost blows by the bee hunter. The blows are similar, but lock-awash grows in the swamp or wet ground.

The root of this herb jammed and steeped in cold water and drank, and the parts affected with the salt rheum washed with the same, is a certain cure, and the root is good in syrups.

OSIER ; OR, DOGACAME.

90. This bush grows nine or ten feet in height with a small round leaf, and the bark is as green as grass. It bears a blue berry when ripe, and is generally known by the name of dog wood.— The small branches that die turn as yellow as gold. The bark of this bush is physical, though crabbed. I never make much use of it.

GARDEN HEMLOCK ; OR, CICUTA.

91. It is known where ever it grows and it

used in making ointments for cancerous humors, and by infusion by steeping in cold water to wash the tumor, the juice boiled down to the consistency of a pill. This is a powerful herb, and great care must be taken in the use of it.


DYSENTERY ROOT.

92. This root grows on dry, open land, and about old fields. It rises up five or six feet high and has a long slim leaf growing two thirds up the stalk. The stalk is round and hard, and it branches out towards the top into a number of branches, and bears a purple blow, similar to a peach tree blossom. The blow being off, you may see a long pod about the bigness of a darning needle. The root creeps along under the ground similar to dwarf elder, and being chewed in the mouth has a peppery taste, and is as slippery as slippery elm bark. The root must not be boiled, but steeped upon the coals moderately, till it becomes like starch. In some delicate cases in the female, the root ought to be put into wine.

MEADOW PLANTAIN.

93. It grows every where in meadows, three

or four feet high, and has a number of branches towards the top ; and the blossom has a near resemblance to May weed blows. The leaf is not more than three inches long, but in shape resembles a plantain leaf, and the stalks are round and hairy. The fine roots have a little sharp taste like pepper. This herb is used in curing dysentery, and is good in all cases of immoderate evacuations of blood.

 The top of this herb is for use only, and should be gathered when in the blow ; or a convulsion root is described.

BEECH DROPS.

94. These are commonly known. The root and top is for use, and it is excellent for fits in children. It is a good tonic medicine, bracing and strengthening the system, and may be used in wine as a cordial with others of a similar nature.

COHOSH, RED AND WHITE.

95. It is generally known or may be, by a little inquiring, and is peculiarly adapted to female complaints, each colour to its own colour. She that reads, let her understand.

WANDERING MILK WEED ; OR, INDIAN HEMP.

96. It grows by the side of rivers and near ponds, and is a milk weed. It grows three or four feet high, bears a silk pod like silk grass, though smaller, and the stalk is reddish. The root is composed of a number of white strings, four or five inches long. The root is anthelmintic or a powerful remedy for worms, the root being powdered and given in molasses, or the decoction drunk.

GENSION ; OR, GENTION.

97. It grows on dry warm hill lands, and resembles silk grass ; has a paleish, green, rough leaf, and bears a yellow berry as big as a small bean, with each berry lying close to the stalk above the leaf. The root is brown, branching out every way from the stalk. This root is one of the best our country affords, for all complaints of the breast or lungs, and is used in syrups, wine or spirits. It is a great strengthener of the system, and is good in dysenteries, diarrhoea, &c.

 It is a stimulating astringent.

GINSENG.

98. It grows in beech and maple timbered land, in a rich moist soil, rising up one round smooth stalk, twelve or fourteen inches high; sending out two or three branches similar, in leaf and branch, to sassaparilla, and bears a red berry, and the root runs down into the ground like a carrot. This is a tonic medicine, bracing and strengthening, and taken in wine or spirits, as a cordial, is good against epidemic fevers, for pains in the breast, and to cleanse filthy humors from the blood.

WATER FERN ; OR, POLYPOD ; OR, BOG ONION.

99. It grows in bog meadows and swampy places, on a great black bog or root. The stalk runs up with a row of leaves on each side of the stalk, long and jagged similar to the sweet fern. The root boiled in milk, is good for rickety children. Founded and made into a poultice, and steeped in milk and applied, helps a breach or burst; and is used by steeping in cold water, in cases of asthma, phthisic, consumptive coughs, &c.

BUCK'S HORN BRAKE.

100. It grows similar to the other, though but two or three stalks in a bunch, with a small running jagged root, with pikes running out like the deer's horn. The leaves are of a dark green, and more smooth than the polypod. One kind of this grows on high wood lands, but their qualities nearly the same.

A decoction of this root is very useful for aged women, about the change of life. Let younger women forber, it causes abortion. A hint to the wise is enough.

HOG BRAKE.

101. It grows on dry sandy land, rises up a strait smooth stalk two feet high, branching out into three branches, the leaves have a resemblance to the other brakes, and has a black slippery root. It is used in syrups in cases of consumption, and is of a cooling nature, and eases the pains of the gravel.

BONE SET ; OR, THOROUGHWORT.

102. It grows in moist land, and rises up with a round hairy stalk three feet high, and hath a

whitish blow. The leaves are long and rough, two leaves coming out opposite to each other, and growing together around the stalk, with two little leaves just above them. This herb is emetic and cathartic; that is, it will puke and purge.— It is good to open obstructions, cleanse the system, eradicate the bile from the stomach, and being taken in decoction, is an excellent guard against fevers.

☞ The top is only for use.

ARCHANGEL; OR, DEAD NETTLE.

103. It grows by the side of the highway and near fences and stone walls. It rises three or four feet high, and nearly resembles the square stalk nettle, with only this difference. The leaves have rather a darker green and roundish, and have no sting as the nettles have, peculiarly adapted to female weakness, used in syrups.

KNOT, OR DOOR GRASS.

104. It grows in door yards, around houses, and along paths. It is used in syrups, in case of consumption in the blood, general debility and weakness.

RATTLE SNAKE'S PLANTAIN.

105. It grows almost every where in meadows, and resembles the common plantain, only the leaves are smaller and more notched upon the leaf, and the root is hot like pepper. This little plant is said to cure the bite of a rattle snake, by keeping the pounded leaves bound upon the bite.

RIVER WILLOW.

106. It is so generally known I shall not describe it. The bark of the root is used in an ointment for the salt rheum, and is good with other barks to cleanse away filthy humors from the blood.

BOX WOOD.

107. It is generally known where it grows, and that is in dryish land, where white oak, chesnut and walnut trees grow, and there you will be the most likely to find it. It has an oval leaf, and beareth a white flower somewhat smaller than a rose.

The leaves are hot, dry and binding, and it is said the leaves are excellent to cure horses that

have the botts. The bark and flowers may be used to help diarrhœa and fluxes, and as stimulating astringents.

WOOD VIOLETS.

108. It grows in pine and hemlock lands mostly. The leaf lies close on the ground, of a pale green ; they blossom in May, and have a white blow.

The properties of the wood violet, are nearly the same as the blue or meadow violet ; and used in fevers, asthmas, dysenteries, &c.

PRINCE'S PINE ; OR, RHEUMATY WEED.

109. It grows on plains or dry land ; where ever winter green grows you may find it. It helps the pains in the head, being drank in decoction. But I am very little acquainted with this herb, and shall say no more about it.

MANDRAKE ROOT.

110. This is a well known herb in every country that produces it. The root of the mandrake, when taken to any considerable extent, operates, both as a puke and purge ; very effectually cleanses the stomach and bowels ; opens obstructions

of the system, and operates peculiarly on the liver and other glands of the system, particularly those of the mouth ; causing as complete a salivation, as can be caused by calomel, or any other medicine whatever.

Mandrake is an excellent purge in fevers of all kinds, jaundice, obstructions of the system in general, dysentery, diarrhœa, canker ash, dropsy, piles, coughs, &c. and is good in all chronic complaints.

LOBELIA ; OR, INDIAN TOBACCO.

111. This herb grows spontaneous in roads, pastures, mowing grounds, &c. It grows from a half a foot to a foot high. Near the top come forth branches, that produce, in the forepart of summer, a kind of blue and white blow, that afterwards turns into a husk or shell, about the bigness of a flax-seed ball ; and this husk or ball contains a number of seeds. The first year's growth of lobelia seldom rises much above the surface of the earth, and much resembles a young thistle.—The herb, when chewed in the mouth, resembles tobacco in taste, excepting that it is much more biting and acrid. This herb, if taken in a dose of half a tea spoon full of the herb dried and pow-

dered, doth powerfully puke and purge. When rightly managed, it opens obstructions of the liver, causes a free perspiration, reduces excitement, allays heat, and operates peculiarly upon the glands of the mouth. Lobelia (being a powerful medicine, and its operation being very quick) should, unless in particular cases, be given in small doses ; in which case, its operation is perfectly safe. If the object is to puke, a tea spoon full of the powdered herb might be divided into potions, and an eighth part taken every five minutes until it operates as a puke, and in this way it is perfectly safe. When given with an intention to purge only, it should be boiled ten or fifteen minutes, which destroys its emetic quality, but does not injure it as a purge. Lobelia is used in fevers, dysenteries, diarrhœas, dropsies, gravel, and many other diseases.

WHITE ROOT ; OR, SINK ROOT.

112. It is known in all countries where it grows, and is of a physical nature, and good to remove wind in the bowels or stomach ; and it is good if made into pills (the decoction) for hysterical complaints.

COWSLIPS.

113. These are pretty well known. They are found in wet swampy land. The blow is yellow and the leaf round as a colt's foot. The root is said to be physical, although I have never tried it myself. The flowers of cow-slips are used in medicine to strengthen the brain, sense and memory, and resist all diseases there, as convulsions, falling sickness and palsies. The distilled water of cow-slips, being drank, takes away pains in the head, vertigo and megrim, and is exceedingly good for women upon a nine month's journey.

PRICKLY ASH.

114. It is generally known, and the bark is effectual for all cold complaints of the body and blood ; gives a quick circulation to the fluids, and is good in rheumatism, palsy, &c.

The pods that enclose the seeds, are called Indian cloves, on account of their spicy and aromatic smell and taste, and are exceeding useful in all rheumatic complaints.

KEY ; OR, WHITE ASH.

115. The bark of the root on the north

the tree, is an anthelmintic, or medicine that destroys worms, being drank in decoction ; and is good in old weak debilitated cases, where the patient is worn down with taking apothecary drugs. In such cases it has done wonders. The bark burnt to ashes and laid upon the flesh, draws a blister, and is used in making issues.

CANCER MAPLE ; OR, CARAVAN WOOD.

116. It is merely a bush and grows ten or twelve feet high, nearly resembling the sugar maple, both in leaf and bark, and bears a long string of keys. It grows near water courses, upon the sides of the banks, and in wet swampy places, and you need not look for it on dry hill lands. The bark of this bush and dogmanose steeped in cold water, being drank for any considerable length of time, will eradicate from the system, the baneful effects of mercury. The patient at the same time taking a small pinch of pulverised Lobelia in cold water three times a day, will wholly effect the cure immediately.

GRAVEL WEED.

117. It grows on dry lands where winter green. The stalk rises not much from the ground.

but runs along and takes new root. The leaf is oval, of a pale green, thick and rough, but not hairy, as wide as a spoon bowl but not so long, and bears a small white blossom. It grows in little beds or mats like cammomile, with the leaves thick together, almost one top of the other. This is in truth a lithontriptic, that is, a medicine for the gravel and stone. The leaves and vines steeped (not boiled) and drank, brings away the sand wonderfully, and will finally dissolve the stone. (Look at the recipes.)

KING'S EVIL WEED.

118. It grows in wild shady land under almost all kinds of timber. It grows in the form of a plantain, but the leaves are smaller and are spotted, green and white, and it is a beautiful plant when it goes to seed. There comes up one stalk in the middle of the plant, six or eight inches in height. It bears the seed on the top of the stalk in a small round bud. Take this root and branch, pound it soft and apply it to the tumor, and drink a tea made of the same.

SWAMP PLANTAIN ; OR, DEER'S EARS.

119. Another noble remedy for the king's evil.

It grows in swamps and muddy places, has a long, pale, green leaf, rather rough, and near the size and shape of a deer's ear, four or five lying round from the root, and rising up a little. This pounded and applied to the tumor, presently cures the king's evil, and drinking at the same time, a decoction of the pounded root steeped in cold water, for a constant drink.

SPICE ; OR, FEVER WOOD BUSH.

120. This bush is known in every place where it grows. And the bark and twigs steeped in cold water or in decoction, makes a fine cooling drink in fevers.

CHECOBERRY, ONE BERRY ; OR, SQUAW BERRY.

121. This grows with winter green, and has a small, dark, green, spotted leaf. It is merely a vine, and bears one red berry on the stalk, about the size of a winter green berry. A decoction of this herb being drunk, is excellent for the dysentery.

NANNY BERRY BUSH.

122. This bush grows on intervale lands, and by the side of rivers, ponds or lakes ; but the leaf

somewhat resembles dog-wood, though of a darker green. It generally grows ten or twelve feet high, but some are not more than six or seven.—The berries hang in bunches and are black, about the size of white bean, though more flat, with a kind of a stone within them. They are a sweet berry and good to eat.

The bark of the root of nanny berry bush, is excellent in all pulmonary or consumptive complaints, and for all the diseases of the breast and lungs.

LARGER GOLDEN THREAD.

123. It is a vine, growing on the banks of rivers and flat intervale lands. It grows and is similar to Jacob's ladder, and winds itself around the first bush it comes to, but more in this respect like the bitter-sweet. The root is long, running along under the ground some distance, and about the bigness of a pipe stem. It is very bitter, and has very nearly the virtues of the little yellow golden thread, and of course good for the canker in the mouth; and in all cases where a bitter is necessary to strengthen digestion, and cause a good appetite.

of the branches, and is white. The root is brown and almost as bushy as the tail of a horse, and of a very strong aromatic taste and smell.

This is a very powerful, stimulating root, bracing, healing, cleansing, cheering, and animating the whole system ; and making an excellent cordial, being put into wine.

MASTER WORT.

133. It grows by the side of rivers on rich intervale lands. It grows up four or five feet high, is jointed, and has a hollow stalk. The leaf is large, and somewhat resembles the leaf of a pumpkin vine. The flowers stand in bunches similar to parsnip blows, only they are white. The seed is large and whitish, and has a very strong taste, and steeped in water are very powerful to expel wind, and of course a noble remedy for the cholic. The root has nearly the virtues of angelica, and is used, with others, in pulmonary or breast complaints, in syrups or wine.

ARSE SMART.

134. It is a small low herb, growing along the highway and around old buildings, and it may be

known by tasting of the leaf, which is as hot as red pepper.

The dried herb steeped, and the decoction being drank, is a noble remedy in cases of obstructed perspiration, (vulgarly termed catching cold,) and of course is good in all complaints of the stomach or bowels.

CUCKOLD WEED.

135. It is a good herb to strengthen weak lungs, healing and strengthening, and may be used in syrups for that purpose.

SKUNK CABBAGE.

136. It is known in every place where it grows, and may be known by its smell and large leaf, and nearly resembles the garden cabbage.—The root and seed, and seed ball are for use.—The root is good in the phthisical complaints, and in ointments. The seed pulverized and steeped, is powerful to expel wind. Three or four of the seeds to a gill of boiling hot water, is a dose, and the ball that encloses the seed is useful in ointments.

SWEET ELDER.

137. The bark of the sweet elder operates when taken moderately, as a cathartic, being both diuretic and physical ; and is good in dropsies combined with other diuretics. The bark of the root is most powerful, but should be boiled to destroy its emetic quality, which otherwise, it would retain.

SASSAFARRILLA.

138. It is generally known, and is a good root in decoction or in syrup, to cleanse the blood of filthy humours, and is also good in the venereal disease.

MARSH PEA ROOT.

139. It grows in marshes, the vine and leaf resemble the garden pulse. The root is rough and jointed, of a greenish colour, and has a powerful bitter taste, and is used for this purpose as a bitter. It is good to create an appetite, and regulate the digestive powers.

BUTTERNUT TREE.

140. The bark of the root of butternut, being

boiled and the decoction simmered away to the consistency of a pill, makes a good physic for the jaundice and bilious complaints, although it is a harsh and griping physic, yet answers a good purpose ; and in some cases preferable to that which is more mild.

GROUND HEMLOCK.

141. It is a powerful diuretic, and of course to be used in dropsical cases, and is a very good remedy in that case. I have given a description of the bush in another place.

WITCH HAZLE BUSH.

142. It blossoms about the first of December, and has a yellow blossom. The twigs and blows in decoction, are a wonderful cheering medicine, and has very nearly the same properties of good wine.

JACOB'S LADDER.

143. It grows often in rich intervale land, near a wood or brush that stands near grass land. It comes up with one stalk about breast high single ; then springs off into a number of branches covered with green oval leaves, and the fruit is a large

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bunch of black berries, when ripe, the bunch hangs down under the leaves by a small stem. This, says Dr. Williams, is proved to be the best cure for the gravel that has been found. Make a strong decoction by steeping the root, and drink plentifully of it, is a certain remedy.

BALSAM OF FIR TREE.

144. The bark of this tree is in decoction, very strengthening, and with this intention it may be used in weakness of the stomach. The balsam is of a strengthening, opening nature; it is used in coughs bruises, and pains of the breast and sides. It also is used in green wounds and old sores and white swellings. A plaster of the balsam applied to the part affected with the rheumatism, eases the pain in a very short time.

SWAMP EVENS ROOT.

145. It grows in swamps and wet mirey places, the leaves resemble the round turnip, the root is of a reddish brown, jagged and runs horizontally along four or five inches from the plant, and is sometimes as big as the little finger, and has a spicy bitter taste. This root is an astringent, though

rather of a diarrhœtic nature, and of course may be used in dropsical complaints, diarrhœas, &c.

UPLAND EVENS.

146. It grows in meadows and fields, on hill land, and nearly resembles the swamp evens.— The root is different, and has a very spicy taste. Upon each branch of the herb you will see a rough burr, as big as a small rifle bullet. This root put into good rum, and drank as a bitter, is said to cure the sick headache. It is an astringent root, and of course not to be used in fevers, but rather in cold complaints of the bowels, diarrhœa, &c.

HOPS, OR HOP VINE.

147. Hops are of a diaphoretic or sweating nature, and for this purpose they may be used. A strong decoction of hops being drank freely, opens the pores, causing a free perspiration; and very frequently throw off a fever. The hot decoction being drank, just as the cold shiver comes on, will most assuredly break the fit, and throw off the fever and ague. The principle thing necessary in the beginning of fevers, is to promote a free perspiration, and cleanse the bile from the

stomach. I do not mean by taking pukes or calomel, nor bleeding every other day.

ST. ANTHONY'S CROSS.

148. This little herb grows in wood land, and rises up one single stalk, and branches out into two or three branches, with small, pale, green, smooth leaves ; and looks very much like Solomon's seal, not more than ten or twelve inches high. The root is composed of white strings, and tastes very much like the glue root. The root is good in all complaints of the breast ; and the root being eaten, helps a consumptive cough. It is good put into wine as a cordial, bracing, cooling, healing and strengthening weak nerves.

PIGEON BERRY ROOT.

149. I should not recommend this root to any in internal medicine. It may be used as draughts upon the feet ; and the root laid up in mills, barns or houses, that are infested with rats and mice, is a sure remedy ; for they soon fall to gnawing and eating the root, which will soon poison them to death. This was communicated to me by a gentleman of truth and veracity, and so I give it to the public. The juice of the berries pressed out

and dried away in the sun, is said to cure a cancer. I have never tried it.

GREAT COHOSH ; OR, SQUAW ROOT.

150. It grows in the southern part of this state, Pennsylvania and Virginia, and is a very powerful stimulating root, opening the pores, forcing a free perspiration, removing obstructions, causing a general action ; and of course, good in all rheumatic complaints, dropsies, numbness, palsies, &c.— It being a powerful medicine, it should be given in small potions. The plant not growing here I can not describe it. It is cultivated in gardens in the eastern part of this state, by the people called Shakers.

HELEBORE ROOT.

151. It is known in every country where it grows, though some know it by the name of black root, and some call it sneeze wort. It is a poisonous root, and not fit to be taken inwardly. The dried and pulverized root makes a good snuff to clear out pores of the head, and for this it may be used. It being a good physic for the head, to open the pores and clear out the putrified matter, which

ought to be discharged from the head. A small pinch is enough.

CLIVERS, CLEVERS ; OR, GOOSE GRASS.

152. It grows in moist swales, and rises up a slender jointed vine as rough as the edge of a sickle, and very small leaves with white flowers, which stand thick all over the top of the vine. The vines grow thick together, so that they cannot easily be separated. The herb is diuretic, and good in cases of dropsy, kidney complaints, and is used in ointments. It helpeth kernels in the throat, and likewise all sorts of hard tumours and swellings.

CATTAIL FLAG.

153. The root of this flag being pounded and steeped in milk to the consistence of a poultice, and applied to any ulcerated sore, or inflamed tumour upon the legs or elsewhere, doth wonderfully draw out the inflammation, and prepare them for healing.

WHITE OAK TREE BARK AND BUDS.

154. The inner bark of the white oak pound

ed and boiled with oats and applied, as a poultice, to any wound, cut or sore, is a very good remedy. The leaves or buds taken in decoction, are said to be a sovereign remedy in women's weaknesses, or in any hemorrhoidal flux or *flour albus*.

BEECH TREE.

155. The water found in decayed beeches, in hollows, will cure both man and beast, of any scurf, scab or running sore. The leaves in poultice or ointment, are very good to apply to hot swellings.

HEMLOCK TREE, BOUGHS, BARK AND GUM.

156. The inner bark of the hemlock tree of the root, drank in decoction, is an excellent guard against any fever; and is a very healthy drink in case of coldness of the bowels, diarrhœas, &c.—The boughs, in decoction, are perhaps preferable to any thing known for sweating, in case of obstructed perspiration or catching cold. The patient is in no danger of catching cold while they have the scent of hemlock upon them.

gum is good, being put in wine or spirits, as a cordial, and will strengthen weak stomachs exceedingly.

WHITE PINE.

157. The inner bark of the white pine boiled in milk, is good in all fluxes and soreness of the stomach; and combined with ox balm or hard root and birch twigs and boiled strong with the same quantity of molasses added thereto, and drunk, is an exceeding sure remedy for the dysentery.

The bows with other tonics, is good in syrups, in complaints of the breast. The gum is good in ointments and salves, and mixed with the yolk of an egg, makes a good superating plaster to draw any tumor to a head, that it may break and discharge.

PITCH PINE BOWS AND GUM.

158. The bows of pitch pine, in syrup, are good in weak, debilitated cases, and a very great engthener of the system.

The gum, tar or pitch, or whatever it may be

called, is exceedingly good in all cases of the lungs or breast.

It is said tar water has cured a deep consumption.

APPENDIX.

INDIAN CLOVE ROOT.

Some know it by the name of upland even root. This is a noble medicine for the sick head ache.— To prepare the medicine, you must take one pound of the root newly dug, jam it up, the one half, that is, half a pound, and put the same into two quarts of rum; drink three glasses a day, say two hours before breakfast, two hours before dinner, and two hours before supper; so continuing until the whole pound is used, and it very seldom fails of effecting a cure.

NOTE.—The dry root will do just as well, but ought to be weighed while green: that is, a pound to a gallon of spirits. Of the dry root, it will take less weight.

The wonderful effects of the decoction or juice of the Smooth Plantain root, combined with clarified beef Brine. Say about two parts beef brine, and one of plantain, boiled together.

About two years since, I was called upon to

visit a Mr. William Hill, of the town of Norwich, county of Chenango. I found the man in a most shocking situation; covered with a seal and scarf from head to foot, with his body bowed together, wringing and twisting, occasioned by the itching and smarting of the skin.* Upon inquiry, I found the man had been in a similar situation for twenty-three years; and that he had employed, first and last, fifteen different physicians, but all to no purpose. In two months from that time I visited the man, and he was nearly well.

Recipe as follows.

Take a potion of Indian physic once a week; take three times a day what will lie on the point of a pen knife, of Indian mercury, (lobelin) and wash, twice a day with the plantain water and beef brine, the body all over.

Take of the bark of dogmachymose, (Indian tobacco, or some know it by the name of dog wood) and of cancer maple, or some say canada maple or black maple, it is all the same, (by different names) a handful of each put into pure cold

* The scurvy leprosy. As high the leprosy as the climate would admit.

water, and steeped therein. Use this for constant drink.

Indian Cloves.

A choice medicine for rheumatic complaints.—
Recipe as follows :—Take half a gill of Indian cloves and two tea spoons full of red pepper seed, pound them well together, put them into one quart of good cider brandy, (rum, wine or whiskey will do, though not so good,) shake them well together, then let them stand twelve hours, and it is fit for use. A dose is one table spoon full three or four times a day, if the patient can bear it ; if not, take less. If the dose is too warm, it may be reduced a little with water. But previous to taking such powerful, stimulating astringents, the patient must take a potion of Indian physic, (three pills a common dose,) and so in proportion, less or more as the patient is hard or easy to operate upon.

NOTE.—If the patient is troubled with costiveness, that at going to bed, they should take a small tea cup full of the decoction of elder blows ; or of the root of beech tree, twigs or leaves ; or of blue violet roots, or the root of burdock steeped. But, on the contrary, if the patient be troubled with relax, the clove drink is perhaps equal to

any other medicine, to check diarrhoeas, fluxes and dysenteries.

NOTE.—All general rules are subject to many exceptions, and so in certain quantities or potions being given to the patient, at certain times. Perhaps the patient's stomach will not bear half the quantity prescribed ; or it may require double the dose. This requires great attention and care in the nurse. I have known a man that could not bear but one pill of Indian physic ; while others, even feeble women, would take four or five at a dose, without receiving any injury. One old lady took nine, but the operation was pretty severe. They were four or five days in operation, but they wrought a great cure.

Indian Cloves.

They are nothing more or less, than the pod or shell that incloses the seed of the prickly ash.— They have a remarkably pleasing aromatic smell, nearly the same as the orange peel. These cloves put into spirits, make a wonderful stimulating medicine, and are good against numbness, palsies, lethargy, rheumatic complaints ; and in all cases where the blood requires a quick circulation ; to

remove obstructions, and increase an action thro' the system.

NOTE.—A table spoon full is to be taken four times a day.

Take one quart of turtle's oil, and one pint of Indian cloves, well pounded ; let them simmer together for eight or ten days in some warm place, stirring them once a day ; then strain the oil from the cloves ; then take another pound of clean cloves and pound them as above ; then put both parcels together and jam them as fine as possible. Then put them into a strong bag, press them between two flat stones, until you have got every drop of oil possibly to be obtained ; or you may put a quart of cloves to a quart of oil, then strain and press as above ; but see that your cloves be well pounded before straining and after. But either way, the oil strained or pressed must be put together.

This oil to annoint the joints pained with the gout, rheumatism, numbness, palsied limbs, sciatica or hip rheumatism, is the most sovereign remedy in the world, and a most certain cure.

A Recipe to cure blindness,

Occasioned by films covering the eyes, com-

municated by a very pious old lady whereby she did by the same, cure a young man that had been blind for two months, which had baffled the skill of the most eminent physicians in these parts.—Recipe as follows :

Take young thrifty winter-green, and stew it down in fresh butter to an ointment. The stronger your ointment the better. Then bottle for use. Method of using as follows :

Rub a little of this oil under the eyes, and put a small drop into the eye. Then take the juice of house leek, put it into skimmed milk, and wet linen cloths with the same, and lay them on the eyes. This may be repeated three or four times a day, and in two or three days it will destroy the film, so that the patient will begin to discern light. Yet it is necessary that the patient should be kept in a dark room, and admit the light gradually as the patient can bear the same. This is a most precious medicine, called Hart's ointment.

The most delicate lady in the town of Preston was cured of the jaundice, when she was nearly gone, and was thought past cure, by the following medicine.

Two quarts of chamber-lye from a healthy

person, one hand full of stone soot, and one hand full of egg shells pounded fine. These three put into a glass bottle, and set into a kettle of water and boiled three hours. Then drink three glasses a day until well.

Recipe for making Indian Physic.

First method —Take a quantity of mandrake roots, boil them in pure water until the strength is all out ; then strain, settle, and boil it down gently, until it is hard enough to make into pills. This sort operates very powerfully, generally in about seven hours after taken.

Second method.—Get your quantity of mandrake roots as above. To half a bushel of roots, add witch hazle twigs, burdock leaves, sweet elder roots, dwarf elder roots and cloves, a hand full of each ; boiled, settled and strained as above, and brought to the consistency of pill-ing.

Third method.—Physic for dropsical complaints. Two thirds mandrake root, one third dwarf elder root, boiled and pilled as above.

Remarks on the three different methods and kind of pills.

The first kind produces a disagreeable sensation in the stomach, sickness and dizziness in the head, and sometimes griping in the bowels ; but very effectually cleanses the bile from the stomach, full as well as emetic tartar. It produces an action in the system, removes obstructions in the liver, and eases pains in the head, sides and joints.

The second method is equally efficacious in all the above complaints, and is more mild in its operation ; but very often will operate thirty-six hours, and will very often throw off a fever.

The third method is the best physic for the dropsy that was ever known. It operates more rapidly than the second kind, in any other case except the dropsy, which requires more physic on account of the torpid state of the vessels.

After removing any complaint by physical operations and the fever is wholly subsided, then the patient wants bracing up by cordial medicine, stimulating astringents ; such as colt's foot, white snake root, sanicle, spignard, comfrey, winter green, prince's pine, nunk root, or consumption root, or piunkum, which is the same herb by different names ; queen of the meadow, St. Anthony's cross, red clover, Indian clove root or evens,

nerve root, dragon's claw, Indian cloves, polli-podium, white oak buds and witch hazle twigs. The bark of the nanny berry bush and blows, the decoction of pitch pine knots or boughs, and snails, boiled in milk, are very strengthening and good in consumptive complaints.

Many of these things put into wine and sweetened with loaf sugar, make an excellent cordial. But many times it will be necessary to check the astringent quality, by adding something of a physical nature; such as, yellow dock or patience, burdock roots or blue violets, plantain, beech tree leaves or twigs, elder roots or berries or blows, mandrake or blood root. People that are subject to inward fevers and costiveness, cannot bear cordials made wholly of astringents. But those that are subject to diarrhœas and fluxes, want astringents more particularly. But great care should be taken not to physic too much, nor give too powerful astringents. Either way injures the patient. If there is too much heat, give cooling medicine, which in general is physical. If the system is too cold, give heating, stimulating astringents. The great art of curing, is to produce an equilibrium in the system.

To renew the age.

It is very seldom we see an aged person full of life and vigor, and moving with that agility and sprightliness, that we do the youth. The blood is more vitiated and cold, the nerves weak, and the vessels perform their office more languidly than in days of youth. Therefore we conclude that it is contrary to nature, for an aged person to feel young and sprightly like a youth. Yet the God of nature has provided ways and means to remedy many of the evils that befall us in this unfriendly world. From this I conclude, the age may be renewed in feelings, a number of years. To effect this I will make use of vegetables apparantly as contrary to nature as it is for an aged person to have young blood in their veins.

In the first place I will give physic sufficient to cleanse bile from the stomach, and produce a regular action through the system; which is always a good step towards health. Then I shall make use of the following contraries.

Firstly, those evergreens that brave the clemency of the winter; such as hemlock, pine, spruce, winter green, prince's pine, piunkum and

pollipodum, &c. Likewise the witch hazle which blossoms always about the first of December, and keeps in blow chief of the winter, and the white clover that bears seed at the root as well as top. The iron root and top, which grows up out of the root of white or black oak. This vegetable blossoms and bears seed in pods similar to tobacco. The cancer or dragon's claw, which has a straight stalk without any leaves, seven or eight inches high. The root looks like a bunch of white worms, sometimes as big as a man's fist.

The little herb called *rosa solis* or sun dew, which will have the dew upon the leaves the hottest day in the summer. A syrup made of these things, sweetened with honey, kept in a cool place to keep it from souring and drank ; of this, say from the 10th of May, to the 10th of July. At the same time, live upon the flesh of the fresh water turtle, and at the same time annoint the joints with the oil of this animal, and drink no kind of spirits, but let his drink be molasses and water.

Those people that will take the trouble to try this, will find themselves relieved from a great

many complaints, that aged people are subject to; and feel as though their age was renewed. The author has not tried the whole of these things together, but from what he has tried, he has reason to believe he is correct. A decoction of hemlock drank, is a guard against fevers.— (I mean the hemlock tree.) White and pitch pine are of a very strengthening nature; winter green a charming cordial; prince's pine the same; piunkum or consumption root, one of the best roots in the country for consumption; pollipodium, look at the description; witch hazle, wonderfully sweetens the blood and cheers the head and heart; white clover, the same; Iron root, a good guard against fevers; noble cancer doth strengthen the nerves and kills a fever; sun dew, look at the description; honey gathered from all medical plants. The flesh of a turtle is good for the consumption in the blood, and to strengthen decayed nature. The oil is a sovereign remedy for the cramp in the stomach, and for the rheumatism. Molasses and water make new blood

*A sure and effectual remedy of curing a fever sore,
or an ague sore.*

The difference in these two sores is considerable. An ague sore effects the bone, and a fever-sore does not. An ague sore comes by taking a sudden cold by wading in the water, when a person is in a state of free perspiration. A fever sore comes after a fever, and many times by taking mercury.

RECIPE.—Take once in a week, a potion of Indian physic, steep the bark of dogmacamoose and cancer maple, of each a handful in pure cold water, say three pints, and let this be the constant drink.

NOTE.—The bark is to be scraped fine.

Secondly.—Make a white lie and put as much salt therein as the lie will dissolve. Once or more in each week, the sore must be washed with the lie brine, and all over as far as the inflammation extends. If the inflammation is high, bathe with the lie cold, otherwise bathe warm. But the grand medicine is sweet water. With this the sore must be washed, at least, morning and evening, and a plaster spread on tow or linnen cloth, or very soft leather, with fever sore salve.

NOTE.—The plaster must not be bigger than the sore, if the sore is not larger than half a pea.

These things are to be observed and attended to without intermission, until the sore is well, which will be longer or shorter, according to the age of the sore.

Recapitulation.

Drink a cold decoction of the bark. Take Indian physic once a week, and wash the sore with lie brine once or twice a week. Wash with sweet water, morning and evening, always put on the plaster after washing with the sweet water.

NOTE.—If it is judged that the blood is damaged by mercury; take a small pinch of Indian mercury, (lobelia) powdered, put into a draught of the bark, and drink of it, three or four times a day, for two or three weeks.

An Ague Sore.

It must be treated in the same manner, but these are more dangerous as they generally affect the bone, and many times tear the bone in pieces, eating it full of holes like a honey-comb. Many limbs have been taken off to save the pa-

tient's life. This kind generally begins with pains in the hips, knees and ankles, attended by swellings and inflammation, which with careful attention may generally be removed as follows.

Bathe the part with lie-brine for half an hour at a time, sweat the patient smartly with beech blocks, give a smart portion of Indian physic while in a state perspiration. If this does not remove the pain and swelling, kill a cat, rip her open, and apply her to the pained part as quick as possible, this generally will succeed. But if by a faithful trial of these things it should not answer, clap on a superating plaister and draw it to a head as soon as possible, but continue to wash with lie-brine above and below the place you expect it will come to a head. When you suppose there is considerable matter collected, it must be lanced and the matter let out. Cut the orifice so large that you can pour in pure water down to the bottom of the sore. Shake it about and let it run out, then put in some more, and so on, it will soon destroy the nature of the sore, and prepare it for healing. This operation will be painful in the beginning, but grows less and less, as the fever subsides. But it is so necessary, I feel fully justified in recommending it.

After the sore is brought to this situation, you have nothing particular to attend to, different from a common fever sore; except there should be scales of bone which must come out. In this case, apply the plaster of fever sore salve continually, and not wash in the sore with the sweet water, but all around it.

NOTE.—The sore never will heal up, as long as there is scales of the bone that ought to come out, and if it should, it would brake out again.

Many times the sores effect the joints, and shrink the cords. In this case we should not attempt to relax the cords, until the inflammation is subsided, and the sore nearly well. Shrunk cords are relaxed by making use of Coleman's oil, of which I shall give a description.

The wonderful virtues of the Sweet Water.

It will cure the head ache, by bathing the temples and head, and then combing the head in a very few minutes. It will cure almost every kind of sore eyes, by bathing the temples, and over and under the eyes, and by putting a little into the eye. It will draw the fire out of a burn and cure the same, sooner and better, than any other medicine that I ever saw tried. It will cure

a fresh wound sooner than any salve. It wholly prevents catching cold, in any wound, sore, scald, or burn. A broken skin, feet blistered and sore by travelling; or any bruise that is inflamed, is cured immediately by applying lint wet with this water. This is the only certain remedy for fever sores, perhaps there is in the world. I have cured with it, when they have been eight, ten and twelve years standing, and had baffled the skill of the most eminent physicians. I cured my brother of a pleurisy, by bathing his side continually, and drying it in with a red hot shovel, in about four hours. It will cure women's swelled breasts, and prevent them from breaking.

One Root Doctor informed me, that he had cured a cancer by washing with sweet water. It is equally good for the brute creation, as well as man. It will cure a horse's back that is galled with the saddle, pole evil and fistulas, and is as good a thing for a cow's bag that is swelled and inflamed, as I know of. For any creature that is altered and catches cold, it is a precious remedy, and is good for any inflammation whatever. The excellency of this water appears in this, that whatever is wet in this water, wholly prevents

the taking cold in the part; and prevents and destroys proud flesh, to all intents and purposes.

King of Oils.

A precious oil or ointment for sprains or lameness in the joints of man or beast. It is very efficacious in rheumatic complaints, palsies and numbness.

Coleman's Oil.

It is good to relax shrunk cords, and likewise to put into deep wounds and sores; to cleanse them from the bottom, and is good for the lock jaw.

Becket's Strengthening Plaster.

It is excellent to strengthen the back and ease pain. It is good to apply to the hip in case of sciatica, or hip rheumatism, or even to the side, breast or shoulders for the same, and likewise in cases of sprain or broken bones. Spread upon leather, and applied to the pained part, it has a very pleasing effect.

NOTE.—The plaster should be worn as long as it will stay on.

Rheumatic Oil,

Is very efficacious in rheumatic complaints to annoint the pained joint, and has many times proved effectual in removing the complaint.

The Oil of Summer Savery.

I think the Apothecaries call it araganam, it is the prettiest thing to ease the tooth ache, that I ever saw. Wet lint in this oil and put it into the hollow, pained tooth, and the effect is instantaneous.

The Oil of Peppermint.

It is excellent to touch upon the cheek, about an inch below the eyes ; to cleanse the eye, and strengthen the sight. It will steam into the eyes remarkably, but the oil must not be put into the eye by any means.

Oil of Vitriol.

Take as much lint as you can put into the hollow pained toot ; dip it into the oil and apply it to the hollow, and it will kill the marrow and the pain, in a very few minutes.

*Simple method of curing the Fever and Ague, by
D. Ballard.*

Let the patient, just as the fit is coming on, put his legs, up to the knees in a tub of hot water, as hot as can be borne, and at the same time, drink down cold water as fast as possible. The patient will soon begin to puke. After puking smartly, go to bed, and the sweat will come out wonderfully; and the patient will be wholly cured. Afterwards strengthen with cordial.

A certain cure for the Canker of the mouth and stomach.

Make a strong decoction of the blue choke root, sweetened with honey, and wash the mouth and swallow a little water frequently.

Another for canker in children.

Take of the bark of sweet brier, nanny berry bark, hyssop and sage, equal quantities; steep them in water until very strong; then sweeten with honey, and it is fit for use. Let the patient take a table spoon full at a time once in half an hour. This is an infallible remedy.

New cure for Consumption.

Let the patient go through a course of salivation, with lobelia, blood root, mandrake root, equal parts, dried and pulverized, a table spoon full put into a pint of good rum. Let the patient take a tea spoon full at a time, three times a day, two hours before eating; or take as much as the stomach will bear without puking, for nine days. Then take the bark of nanny berry bush steeped in cold water for constant drink.

A certain remedy for Worm fits in children.

Give the patient so troubled, one tea spoon full of the spirits of turpentine at a time, when the fit is coming on, and it is a certain remedy and cure.

Pleurisy.

Take a hand full of treacle root, pound it and put the same into a gill of rum, and let this infuse one half hour. Then let the patient drink this all at once, and apply the pounded root to the side exactly where the pain lies. Repeat this two or three times, which is an excellent remedy.

For obstructions of the terms of women by calcenings cold.

Take a handful of sassafras root and old rusty iron, put into water and boiled; then strain it off, sweeten it a little and add a little spirits; then drink moderately of this, until the obstruction is removed. Half a gill once in four hours is sufficient.

Rheumatism.

Steep a black wasp nest in cold water or cider, until the strength is out. Give the patient one gill for every hour, for two or three hours. Then give bell blows physic or some other kind of physic.

Clarified Juice of Herbs.

The way to prepare your juice is as follows: Gather your herbs when pretty dry, pound them well in a mortar, press out the juice and strain it through a cloth that will take out the sediment. Then boil and skim off all the filth that rises. When this is done your juice is clarified. When cold, put it into a glass or earthen vessel well glazed, and cover the juice an inch thick with

oil, and the oil will swim on the top. When you wish to make use of any, turn up your vessel and pour off. If perchance you pour off any oil, you may skim of the same with a spoon.— In this way you may preserve your clarified juice for some time.

Making Syrups.

Syrups are made three ways: By infusion, that is, the flowers of herbs; put in an earthen vessel that you can cover, and to three pints of spring water, and one pound of flowers. Let this stand over a slow fire twelve hours. Then strain it out, and to every pint of this, add two pounds of sugar; which, only melted over the fire and skimmed, will produce you the syrup you desire. Secondly, syrups are made by decoction. (That is the boiling any herb in water.) Take as many herbs or roots as your recipe prescribes— Make them clean, and note that those that are more hard and dry, will want more boiling than those that are soft and juicy. A hand full of roots or herbs is enough for a pint of water, and so in proportion.

Having boiled out all the strength of your herbs, strain them through a woollen cloth; but

note you are not to boil till half the water is evaporated, and not to strain till the decoction is nearly cold. To this decoction, add to every pint, one pound of sugar, and then hang it over the fire, and boil and skim until no more rises, and again strain if you please. Then add a little gin to keep it from souring, and your syrup is complete.

Syrup made by juice, is the best and purest. Gather your herbs, pound them in a mortar, boil until one fourth is consumed, and then add sugar as above. Then boil again, taking off all the scum as before, then add spirits and your syrup is fit for use.

Keep your syrup, either in glasses or stone pots, and cover them over with a paper, for you must not cork or stop them tight.

Decoctions are made for present use, and are the boiling of any herb or herbs, root or bark, so that you get the strength. Your recipe will give you directions what herb or root to make use of, and what quantity will be necessary for such a disorder, and how long to continue the same.

Oils.

The way of making them is this. Having

bruised your herbs or flowers you would make your oil of; put them into an earthen pot, and to two or three hands full of them, put a pint of oil of olives; cover the pot with paper, and set them in the sun for about a fortnight or less, if the sun shines very hot; then, having warmed it well by the fire, press out the herb in a press, and add as many more herbs, being bruised as before. Set them in the sun, and so on until you get your oil strong enough. At last, boil both herbs together, until the juice is all evaporated and the herb crisped. Then strain off all while hot, and keep it in a stone or earthen vessel for use.

Electuaries.

Electuaries are nothing more than herbs, roots and seeds beat into powder and sifted thro' a very fine cloth. This powder is mixed with honey: but your honey must be clarified by boiling and skimming, until it is pure. Then, to one ounce of your powder, add three ounces of clarified honey; then mix them well together and put it into stone or earthen vessels for use.

Making Pills

The way of making pills is simple and easy,

for with the help of a mortar and pestle you are to beat fine whatever you moud wish to make into pills. Whether it be gums, roots, or whatever, and sifted through a fine sieve; then add syrup, gum of jelly, or whatever is necessary to make your powder into pills. Work this and the powder well together, and it is fit for pilling.—Some make use of castile soap.

N. B.—That those people that have a small still, can prepare many of their herbs by destilling them to great advantage, by keeping their distilled water. And by saving the oil may make several essences of great virtue in medicine,

POOR MAN'S PHYSICIAN,

PART II.

SYMPTOMS OF DISEASES DESCRIBED.

1. New and often repeated colds, will often bring on a fit or paroxysm of the Asthma; with some these fits are more periodical than with others, but it is always attended with a cough, and difficulty of breathing, and a tightness about the breast; the patient gets but little good sleep.

Bilious Cholic.

2. When this complaint is attended with an inflammation, it is almost presumption to administer any kind of hot physic. This complaint is sometimes attended with vomiting, sometimes the patient imagines his bowels are drawing towards his back bone, and at others, he fancies they are tied in knots. If the bowels are so inflamed as to be perceptible upon the external parts of the patient, the case is dangerous.

Cancers.

3. The symptoms of a Cancer in its first stages

are so trifling, that people are apt to neglect them too long, especially those of the worst kind. I have seen, says Mr. Steward, in places I have travelled through, some with their eyes eat out, others with all the flesh eat off their arms, some with all one side of their head eat off, others with their breasts eat off, so that one might see the motion of their vitals! Reader, these were once thought to be trifling cases, until it was too late for them to get relief. These Cancers most certainly might have been taken out, and the patient cured, had they been attended to seasonably.

Those Cancerous tumours which form or begin in a woman's breast, are most commonly perceived by an examination with the fingers; sometimes they lie so deep that the patient knows nothing about it until it begins to pain her; those pains are light at first; as they begin to increase, there will be a hot darting, shooting, stinging and painful sensation; as this tumour increases, the shape, colour, and pain will increase until they ulcerate, and the patient will feel cold and shivering by turns. By this time the Cancer puts on an alarming appearance, this alarms the patient, and no wonder, for often at this stage of the Cancer, they make rapid progress in the destruction of the patient.

Dropsy.

4. The Dropsy is a collection of watery fluid or humours, which distinguish themselves four ways, viz: The breast, the head, the belly, and the fourth is a collection of water under the skin.—Any collection of water below the head, commonly becomes a general Dropsy before death.

Stone or Gravel.

5. The Stone or Gravel is a disease seated in the urinary vessels, composed of cemented particles of diet. This is one of the most distressing complaints mankind ever experience.

It is generally brought on by a previous hurt, wound, or fall, which causes a leak in the kidneys. This complaint occasions a heat of the urine, a pain in the penis, and orifice of the body, some times an obstruction of the water, at other times a retention thereof. The urine is very full of sandy sediment.

Jaundice.

6. There are two kinds of Jaundice, one of which is when the bile or gall on the liver is too large, by being obstructed perhaps with gall

stones, the other kind of Jaundice is an involuntary discharge of the gall or bile. From these two cases a great variety of different disorders originate ; therefore, the first case should be removed as quick as possible. In the first kind where an obstruction is formed, the digestion fails, the appetite is poor, a general debility or weakness is felt through the whole system, all the powers of nature move languidly, and a consumption in the blood is begun. In this case a shock is necessary, either by going into the cold bath a few times, or by electricity, or a gentle puke, and sometimes riding on horseback, or in a carriage will answer the purpose, I should prefer the last method in case of a slender constitution. However, as soon as the patient feels relieved by exercise, and the blood seems to flash through the system more pleasantly, then it is necessary to take a gentle portion of vegetable physic, and then have recourse to the recipes to perfect a cure.

In the second case, when the bile flows too much into the stomach or below it, a potion of vegetable physic is necessary to cleanse the bile from the stomach ; too much bile, also spoils the digestion. I know the common method of practitioners, is to give a puke in such cases, but in my

opinion it is not proper, for this reason, because in throwing the bile from the stomach by emetics, not only what is retained in the stomach is thrown up, but a large quantity is emitted from the gall, by pressure and irritation made by puking, so that the gall may require a considerable length of time to fill again ; and during this time of filling there is a lack of this fluid in the stomach, which is always necessary to form a good digestion ; administering pukes in all bilious complaints, is, in my opinion, very imprudent ; some have taken a puke in the morning, feeling a little unwell, and have laid in the cold arms of death in the evening ; some, by straining to puke, have so far exhausted themselves as not to be able to survive but a few months ; and women drawing near their time, have precipitated themselves into eternity by taking pukes, whereas proper physic will carry off the bile as well or better than a puke without any of those dangerous consequences ; but in women's cases, very mild and gentle physic must be given and that in small doses, and no more given than is absolutely necessary.

King's Evil.

7. The King's Evil, is what some people call

the scrofula. This disease usually affects the glands of the neck and face. It is often seated in the breasts of women, and it often puts on the appearance of a cancer.

Scurvy Leprosy.

3. The Scurvey Leprosy appears to be a skin complaint only, although by some it is called the scorbutic or scurvy. I conclude that there is a great difference between the land scurvy, and the Leprosy. The Leprosy may be known from Salt Rheum, although it resembles this disorder in this country more than any other skin complaint. It generally begins with small watery pimples and it spreads into a sort of scale or bran. It is attended with intense itching, and sometimes forms ulcer sores. This watery fluid or humour must all be drawn out on the skin and then killed with outward applications.

Rheumatic Complaints.

9. The symptoms of the Chronic Rheumatism are hardly percieveable at first, yet the patient will be complaining by turns of pain, sometimes in one part of the body and sometimes in another, sometimes in the arms, and then in the legs. some-

times in the knees and then in the shoulders, neck or head, then in the stomach, as the patient will express himself, these pains are felt in a variety of ways, sometimes the patient complains as if arrows were running through the marrow of his loins, and sometimes it will stiffen a limb or joint, so that the person cannot suffer a sudden movement of the limb, without complaining. After all these painful sensations of the body, the complaint takes its seat in the joints, and upon the ligaments and muscles that cover the joints. In some patients, the joints will grow large, soft and sore; but in others, there will be sudden contraction or shrinking of the cords.

Salt Rheum.

10. The Salt Rheum is a skin complaint, and may be said with propriety, to be a constitutional or hereditary taint; and which appears confined chiefly to the female sex. It attacks the female at any period of life.

Ulcers, their cause and origin.

11. As there are a variety of ulcers and sores, it will be difficult to point out all the different symptoms which attend ulcers. This is a diff.

culty that seven eighths of mankind meet with.--- If we could form a proper judgment of what they are, as soon as they are formed in the flesh, we should be in a ready way to cure them.

The first cause of ulcers and sores to be taken notice of, in children and young people, is a bad state of the blood, with which they were born into the world. Ulcers, however, may be in consequence of hurts, bruises and wounds. They are often the effects of a bad and sudden cold, especially in young women. Sometimes it is in consequence of bad colds and wrong treatment in child-bed sickness. Old people are subject to ulcers, who have ruined their blood by heats, colds and hard drinking. Venereal complaints or diseases are another powerful cause of ulcers.

Symptoms.—I, says Doct. Steward, observed in the case of cancers, that sores would degenerate into ulcers, and ulcers into cancers. I here further remark, that new wounds and sores ought not to be neglected till they become old. Some ulcers, at their first appearance, are nothing more than a pimple, which will, in a short time, begin to eat, waste and consume the flesh. I, says Mr. S., have had patients, afflicted with ulcers, brought to me one hundred and thirty miles, and one man

who had eighteen ulcer sores between his knee and ankle. This leg was four inches larger than the other. I cured it by fomenting the limb three nights successively, which took the swelling entirely out of his leg, and prepared it for a second application. Afterwards I applied my easiest cancer plaster, which killed the nature of the sores, and set them a running. Then the cure all plaster and precious ointment cured the wound.

Another kind of ulcer has the appearance of a bile at first. These are sometimes a year and a half coming, before they will ulcerate themselves. They are generally painful, and when they break or are opened, they make rapid progress, if not properly handled. Ulcers of this kind, when they form in the groin, commonly discharge copiously, and the discharge is of a cancerous nature. Some imagine that the sores cannot be healed sound with safety; but I never found any difficulty in curing them, and I presume there is none, if they are rightly attended to.

The first and best application, is my verdigris and vitriol plaster.

The second I make use of, is a poultice of cat-tail flag root, pounded and prepared in skim milk. And this poultice will take out the inflammation

Then apply the simple leaden plaster, which will cure the ulcer, and prepare it for healing ; unless some of the veins should be eat off. If there is put a few grains of the corrosive sublimate into warm water, and inject it into the pipe ; then syringe with a liquid application, made of the bark of bitter-sweet root, sweet apple tree root and garden sage ; after which, apply the cure all plaster and it will heal up the ulcer, and prevent proud or fungous flesh from rising. There is no cancer cancerous tumor or scrofulous swelling, that ought to be opened with a caustic, but what this application will open ; neither is there any kind of ulcer but what these plasters will kill.

Vertigo, or swimming of the head.

13. This is a complaint but not a disease, and is the effects of diseases, a giddiness, dizziness and swimming of the head. It is sometimes owing to a loaded stomach ; sometimes to too much weight of blood for the strength of the nerves, and sometimes it is for the want of blood. The first case of this complaint may be removed by cleansing the stomach with proper physic ; the second by letting blood ; the third by making blood, and by making use of the restorative medicine.

Honey Comb, or Ant Bed Sores.

13. The symptoms are such, that many people take them to be rose cancers, and they make rapid progress when they begin. Previous to their breaking out, the patient experiences pains, similar to the rheumatic, and when they present themselves, they resemble the fungous part of the rose cancer, they are spungy, and will bleed at the slightest touch ; and these sores may be killed by the application of the cancer plaster. Latterly I have found an easier cure for these sores, which is, the royal vegetable caustic ; and it may be found late in the fall season, under a bed of wild turnips. They are a small turnip, which extract all their powers from the old turnips. When these are dried and pulverized, they make the easiest caustic that was ever applied to flesh. These powders will kill all honey-comb sores, and all proud, false or fungus flesh, in any sore whatever. I have killed all the fungus part of a rose cancer, with these powders. These sores must be taken all out before a trial is made to heal.

Another method of treating a Fever Sore.

14. When the first symptoms of these sores are perceived, they ought to be scattered. If they are not scattered till a swelling and inflammation, let the patient apply a poultice made of cat-tail flag root, pounded fine in a mortar, and put in skim milk. Prepare your poultice with this on the fire, and wrap the limb or part affected all up with these poultices three times a day, until it is ripe and fit to open, or break itself. This sore must have a quick and sudden discharge. Continue the poultice twenty four hours; then add a few grains of the corrosive sublimate to a little warm water, and syringe out the sore twice a day. Care must be used in regard to this application, and continue it no longer than while the sore is cleansed. Then you must inject a liquid application, made of the bark of the following roots. Sweet apple tree, bitter sweet, witch hobble or witch popple, but some call it moose bush, shoe-make and garden sage. Boil them powerfully, and strain out the liquor, and to half a pint of this preparation, half an ounce of gum myrrh made fine. Let this application be syringed in twice a day, until the wound is completely healed.

If there is a chance for the application of plasters, apply a simple leaden plaster, as long as you would wish to keep it running, or at least as long as you syringe in the first application. After this use the cure all plaster, and precious ointment. In all cases of this kind, through the whole operation, care must be taken to prevent a contraction of the limbs. To prevent this, let the limb be annointed twice a day with the frog ointment. This will prevent both the fever and the contraction of the nerves. If this mode of treatment was strictly attended to in handling fever sores, there would not be so many old fever sores badly healed. In some of these cases I have made use of the nerve ointment, to prevent contraction of the nerves after the sores were healed. Then apply my cure all strengthening plaster, to complete the cure.

Catarrh in the head.

15. The symptoms of this complaint, are a dryness of the wax in the ears, with a degree of deafness ; a hollow sound of the voice ; a dizziness in the head when sitting up at a late hour of night ; a dull heavy pain across the fore head ; a sudden dropping from the head into the mouth and

throat, of a cold disagreeable matter ; difficulty of breathing through the nose ; a thin watery fluid from the eyes and nose ; a peculiar kind of indolence felt over the whole body, pulse frequent, and cough and hoarseness finally succeed.

Dr. Steward's Catarrh Snuff.

16. *Recipe.*—Take white pine touch wood, blood root, or the root of the wandering milkweed, or dysentery root, well dried ; pound and sift them finely through gauze, keep them separate, and then make use of them as snuff. This is said to be a good remedy for the catarrh.

More remarks upon the Cholera Morbus.

17. When the bile so exceeds in quantity the acrimonious matter, as to irritate the bowels and stomach, the following symptoms will take place. The stomach will eject it both ways, upwards and downwards, of green, yellow and blackish matter, and the patient complains of a pain at the pit of the stomach, and a griping in the bowels.

This complaint must be humored according to the first symptoms. If the patient is first taken with puking, it must be promoted for this purpose.

Give the patient a gentle puke; after the puke has operated, give him a strong decoction made of the Queen of the Meadow root. This will turn his sickness, and prepare the stomach and bowels for a purge. Then give him a potion of German pills, but if this should not relieve him, give a potion of the powdered physic, and if a fever threatens, give a cooling syrup. After the cause appears to be removed, check and brace up the bowels, with the same kind of root as directed in the cure for the dysentery. The Indian name weaker, by the English, slippery root, quick up, and none so pretty, but by the Americans, dysentery root. The herb grows five or six feet high; the blossom is nearly the colour of peach blows, set thick on every side, making a beautiful appearance. The root creeps along under the ground like sassaparilla root, is very slippery when chewed, with a little sharpness like pepper.

The Piles.

18. When this disease is caused by the gravel, and when the gravel is cured, this complaint is cured also; but if a bloody discharge follow, it most commonly proceeds from what is called the

hemorrhoidal reffels. This is what is termed the bleeding piles, but there is no danger in stopping this operation of the piles. An injection made of the stiptic for the nose bleed, will cure them, but the patient must take two or three portions of the German pills. Whilst upon the use of these pills, use an injection of the frog ointment. Sometimes the piles have been cured with a syrup made of Queen of the Meadow root, Arch Angel weed, and a fire weed, called moon weed.

The Cankerash.

19. This disease is called, by some, the throat ail, or ulcerated sore throat. It may with propriety be called so, if it continues until it forms sores and breaks.

The greatest danger in this complaint, is its seating in the head or throat. To prevent this, let the patients head and throat be repeatedly bathed with vinegar and salt. Give a potion of cooling physic in the first stage of this complaint. After this, physic will be improper, until the complaint appears to be settled below the stomach. Then physic with the imperial physic. Follow the first physic with a strong decoction of the

Queen of the Meadow root. To this syrup, add the root of the marsh rosemary, mountain flax root, birth root or Benjamin root. Make these roots fine, and steep them strong in the above syrup ; administer this medicine as hot and as often as the patient can bear. Vinegar and salt are an excellent medicine to be taken internally for this complaint.

How to cure Deafness.

20. Take a large onion, bore ten holes two thirds through it, with a double ten gimblet ; fill the holes full of rattle snake's grease ; roast the onion upon a fire shovel, until the grease begins to run out through the onion ; then squeeze out the oil and juice, and preserve them together.— Drop one, two or three drops at once, into the ear.

An infallible cure for corns.

21. Take simple blood root, pound and make a poultice of it in its own juice. Apply this poultice until the corn will peel off. This root ought to be used early in the spring, or late in the fall.

Symptoms of Worms.

22. The symptoms are starting in sleep, puking, rubbing the nose in consequence of its itching, a sighing or suffocating manner of breathing, pain in the sides, hickups, sour breath, flushing of the cheeks, lying much upon the belly, swelling of the partition of the nose and upper lip, paleness round the mouth and nose, and the upper lip drawn upwards.

Whitlow or Felon.

23. This disorder is a fever, locally determined to the membrane or skin which covers the bones of the fingers. It usually commences by a pain resembling the pricking of a thistle or a briar, but soon comes to be very painful.

Of puking, to stop the same.

24. In fevers, excessive vomiting might be checked by putting a spoonful of deer's horn, burned and powdered, into a pint of water, and boiling it a few minutes, and a spoonful might be taken every five minutes, or oftener, in excessive puking.

The effects of emetic tartar may be checked,

by drinking, frequently, large draughts of milk, warm from the cow. The juice of worm wood is used with success; parched corn powdered, and small quantities of it, is very good to stop puking; essence of pepper-mint, and essence of tanzy, &c. are remedies in this disease; chicken broth, in small quantities; burned cork pulverized and steeped in brandy; burned hoofs of a hog pulverized and steeped in water, gives relief.— Sometimes two or three kernels of spice will relieve; sometimes a tea-cup full of tea as hot as can be borne, sage, winter green, saffron, salt, vinegar and water. The three last taken freely, are an excellen remedy in the first stage of the dysentery, as well as to stop puking.

For relaxation of the fundament in children.

25. Break two or three hen's egg's, part the white from the yolk; take the yolk's and put them into a clean frying pan washed clean from grease; set them over a slow fire, let them stand a while; then turn them over and squeeze them until the oil comes out, and be careful not to burn them; collect the oil and annoint the part when it is down; then boil an egg hard, let it be whole, and whilst it is warm, wrap it in a linen cloth,

and bind it on the fundament. After you have put up the part that was down, let this be worn until cold.

Inflammation of the intestines or bowels.

26. *Symptoms.*—A fixed pain, sometimes spreading over the belly; at others times, fixed about the navel, fever, costiveness, and vomiting.

Inflammation of the Liver.

27. *Symptoms.*—A pungent pain in the right side, shooting up to the shoulder; a cough, for the most part dry; tention of the right side over the liver; hard dry gums, vomiting, weakness, difficulty of breathing, costiveness, hickups, and a hard, full, quick pulse.

Obstructions of the Liver.

28. The symptoms are a dull heavy sensation and tension of the right side, a little or no fever, difficulty of lying upon the left side, yellow eyes and costiveness.

Inflammation of the Kidnies.

29. The symptoms are, fever and pain about

the parts, a numbness of the thigh and leg, on the same side, vomiting, cholic pains, costiveness, redness of the urine, and a small discharge of it at a time.

Consumption.

30. The symptoms are, cough, pain about the breast, spitting of nauseous matter at all times of the day, which is sometimes streaked with blood ; a high fever which comes on at noon, frequently with shivering, and most always with coldness ; which remits in the afternoon to renew its violence at night, and towards morning with a copious sweat. The pulse quick, and generally weak, though at first they may be a little hard. The fever is always kindled by taking too much food.

Immoderate flowing of the Menses.

31. The symptoms are, head ache, giddiness and difficulty of breathing, shuddering pains in the back, and feverishness. The feet are cold and swelled, especially in the evening, palpitation of the heart, fainting, fearfulness, &c. are not uncommon.

Hystericks.

32. The symptoms are strange and disagreeable. Something is generally felt in the bowels, which is succeeded by the sensation of a ball, rising up until it gets fixed in the throat. With this, the patient is wreathed about to and fro, by convulsions which cease after some minutes, to return again. In the intervals the patient lies in a sleepy state, at other times comes to herself and talks. In this way, they frequently continue some time.

Typhus Fever.

33. The symptoms are, generally languor and lassitude, dejection of mind, loss of appetite, alternate chillness and flushing dullness and confusion of thought in a few days; giddiness in the head, with pains over the whole body, nausea and vomiting, respiration, short and anxious, frequent, weak and often, intermittent pulse.—At first, the tongue is moist, and covered with a whitish mucus, but afterwards dry and brown.—There is little thirst, the urine pale, low muttering delirium, arising from the torpid state of the sensorium. As these advance, the fever and

pulse are rising several degrees above their standard, the tongue dry and brown or morbidly red, delirium now arises from a determination of the blood to the head, indicated by the suffused redness of the eyes. The flushed countenance, the throbbing of the temporal arteries, scanty, high coloured foetid urine, and sometimes a disposition to immoderate perspiration, diarrhœa, cold extremities, convulsions and death.

Intermittent Fever, Ague and Fever, &c.

34. The symptoms are, languor and debility, yawning and stretching, an aversion to action, the face becomes pale, the skin over the whole body appears constricted, as if cold had been applied; the sensibility is greatly impaired, the pulse small, quick and irregular, and the perspiration short. At length the patient feels a sensation of cold, first arising in the back, then diffusing it self over different parts of the body, which terminate in a universal shaking with cold. After a longer or shorter continuance of shaking, the heat of the body returns, at first by transient flushes, but soon transfuses itself over the whole system, like a dry and burning heat. The

skin, before pale, is now swollen tense and red, with an unusual tenderness, and can scarcely bear a touch of the finger.

POOR MAN'S PHYSICIAN.

PART III.

CURES MADE EASY.

DROPSY.

1. Give a pretty smart potion of Indian physic, perhaps three pills, if the patient can bear it.— Then take two pounds of the roots of dwarf elder, if green, but if dry, eight ounces. Boil this in three gallons of water, down to a quart; then strain out the liquor, and when about as warm as new milk, it is fit for use. When the operation of the pills is over, let the patient drink this off as soon as he can. It generally brings off the water to an incredible degree.

When the water is all evacuated, let the patient take one or two pills of the dropsy physic, every other evening, for ten or twelve nights.— After this, cordial will be necessary; but great

care should be taken to guard against a costive state. Likewise, a relax should be checked by gentle astringents. Either of these might prove injurious to the patient, and avoid, if possible, taking cold; for this may throw them into the hectic. To prevent taking cold, wash the feet, hands and temples, frequently, in a decoction of hemlock boughs.

Another.—Sassafras bark, of the root, one pound, prickly ash bark, one pound, spice wood bush, one half pound, three ounces of garlic, four ounces of parsley root, four ounces of horse radish root, and four ounces of black birch bark root. Boil all in three gallons of small beer, and drink a gill three times a day.

Another.—Make a strong decoction of dwarf elder or white oak bark. To this decoction, add a quantity of gin, and take half a pint of the decoction every hour, until it has the effect of causing a free discharge of the urine. After this, make a decoction of white oak bark, juniper berries, the leaves of artichokes, and burdock seed; and to this, add an equal quantity of gin, and take a glass six times a day. After this, stimulating medicine will be necessary. If the pa-

ient is weak through disease, all salt and dry provisions should be avoided.

Another.—Take the bark of Indian arrow bush, pour boiling hot water to the bark, and let it steep therein until strong, and drink of this decoction until well. This also cures all cases of bloating. This being a physical bark, should be taken sufficiently to have a smart operation; and afterwards, in small doses in order to physic the blood.

This bush is a native of Ohio, Indiana and other southern states, and bears a red berry when ripe, generally three in a bunch, like the barbary.

Another.—Mix half an ounce of amber with a quart of wine vinegar, heat a brick (not red hot) and put it into a tub, pour the vinegar upon it, and hold the part swollen over the smoke, covering the tub close, to keep in the smoke. The water will come out inwardly, and the patient be cured.

Or cover the whole belly with a large new sponge dipped in strong lime water, and then squeezed out. This bound on, often cures, even without any sensible evacuation of water. One.

was cured by taking a drachm of nitre every morning in a little ale.

Tar water, drank twice a day, has cured many. So has an infusion of juniper berries roasted and made into a liquor like coffee. Or take semia, cream of tartar and jallop, half an ounce of each, mix them, and take a drachm every morning in broth. It generally cures in twenty days. Doct. Ward says it seldom fails, either in the watery or windy dropsy. Or drink freely of a decoction made of the tops of oak boughs.—This cured an inveterate dropsy in only fifteen days.

CONSUMPTION.

2. The way to discover when this complaint is seated, is to take urine from the patient in a clear glass tumbler, set it where the sun shines hot, let it stand six or seven hours, then observe, if there arises a frothy matter upon the top, the complaint is upon the lungs; but if there settles a dark sediment at the bottom of the glass, then the liver is affected. When this is the case the patient may be cured, the other case is extremely difficult.

To cure.—Take half a bushel of barley malt,

put into a large tub, take six pails of water, make it boil, pour it on the malt, let it stand six hours, then drain the water from the malt, take half a bushel of white pine bark, one pound of spignard root, one pound of sanicle root and top, one pound of gentian root, one pound of pinkum roots and tops, boil the water half away, then put it into a new keg, add yeast and emptings to it, and one pound of honey, let it ferment, and then bottle it up. Drink one pint a day, and less or more as the patient can bear.

This beer is good in all cases of weakness, where the absorbent vessels perform their office too languidly.

COLD BATHING.

3. Cold bathing has cured many a deep consumption. Or take, morning and evening, a teaspoon full of white rosin, powdered and mixed with honey. This cured one in less than one month, who was very near death. Or drink three times a day two spoons full of the juice of water cresses. This has cured a deep consumption.

Another.—Take pitch pine tops, box-wood bark, black elder bark, wild cinnamon, or nan.

berry bush bark, (the bark of the root is the best) sumake roots, sassaparilla roots, and prince of pine, of each a large handful. Boil them in two pails of pure water, until it is reduced to one gallon. Drink of this a glass full three times a day.

Another.—Take of good wine, three quarts, three pounds of honey, and three pounds of sale sugar. Then provide a stone jar, large enough to contain all these put together, with the addition of the whole liver, lights and heart of a calf just killed. Then gather the flowers of dandelion, red clover, elder blows, boneset, vervine, violets, and all kinds of medical flowers that you can find, may be added. Then make a cover to the jar, stop it tight with rye paste, set the jar in a kettle of hot water, and let it boil gently for thirty-six hours, without intermission. Then take the jar out, and when cool, open and pour out the liquor, then bottle and cork it, and it is fit for use. Let the patient begin with one tea spoon full, and so increase as the stomach will bear. This is said to be the best medicine ever known for all kinds of consumption.

Another.—In some cases, when the fever runs high, it will be necessary to reduce it by letting

blood. Also, to make use of gentle purges, such as the bark of sweet elder in decoction, or the root of the yellow ash, &c.

After this, take dogmachymose bark, (Indian tobacco or whistle wood, it is one bush known by different names,) sweet elder bark and camomile, of each four ounces; nettle roots andcelandine, of each a pound; gill go by the ground, two pounds; and white ash bark, two ounces.—Boil the whole in two pails of water half an hour, strain off the decoction, and then boil it down to two quarts. To this, add an equal quantity of gin, and four ounces of maple sugar. Three fourths of a glass should be taken six times a day.

CHOLERA MORBUS.

4. The symptoms are, violent vomiting, purging of matter of a yellow or green colour, high fever, intense pain, pulse weak and quick, great thirst, eyes languid, and stools slimy or mixed with blood; the patient draws up his feet, and is in an uneasy position.

Cure.—Chicken broth should be given in small quantities, or a new cork burned to a coal, and pulverized. Steep this in brandy, and give a

few drops of this frequently, until the puking is stopped. A strong decoction of bitter herbs should be often applied to the bowels. Clusters of flax-seed tea should be injected, or starch dissolved would answer. An infusion of black briar root, in cold water, might be used for a drink, and weak lie might also be given.

Another to stop puking.—Take gum camphor, pound it, pour on boiling water, and sweeten it with loaf sugar. Let the patient drink a spoon full every ten minutes; or, take a handful of green wheat or green grass, pound it, pour a little water upon it, press out the juice, and let the patient drink a spoon full once in ten minutes; or, let the patient chew and swallow two or three kernels of spice.

DYSENTERY.

5. The symptoms of this disease are, frequent discharges by stool, of a slimy or bloody matter. While the contents of the bowels are retained, a violent griping and frequent urging to go to stool, heat thirst, &c.

Cure.—Half a pint of sale molasses, one pint of good rum, half a pint of vinegar, and drink of this freely every half hour; or, take the root

of ox balm, (some know it by the name of toad root or hard root,) white pine bark and black birch bark, each a handful. Boil these in two quarts of water, half an hour; then strain out the liquor and boil it down to one gill; then add one gill of sale molasses, and let the patient take a table spoon full of this at a time, until well; or, make a decoction of dysentery root. (The Indians call it weaker, the English slippery root, but it is generally known by the name of dysentery root.) In this manner, take out the inside of the root which is a kind of pith; steep the other in water upon the coals, (but it must not boil) till it becomes like starch. Take a table spoon full once an hour, for half a day. It ought to be put in Malaga wine in some delicate cases; or, drink vinegar, and salt and water is extremely good.

A CANCER IN THE BREAST.

6. Make a poultice of yellow dock root, the bark of bitter-sweet root and garden carrots; scrape them fine and simmer them three hours in fresh butter, and apply this poultice. You may annoint with ointment for a hard tumour. This ointment cannot be made too strong.

Whilst the patient is making use of this external application, he must make a syrup of the following vegetables. Take four ounces of the bark of bitter-sweet root, four ounces of the outside bark of yellow dock root, six ounces of red clover root, six ounces of garden carrots, four ounces of red clover heads gathered when full of honey, and one pound of sassaparilla roots.— This compound is for two quarts of syrup. You must sweeten this with sale molasses, and drink as the constitution will bear. At the same time, let the patient wear a root of the blue vervine at the pit of the stomach, which may be hung by a ribbon around the neck; and once a day, wet the tumour or cancer, with a decoction made of the green leaves of garden hemlock, that is, cicuta, and proceed in this way until you are entirely well.

Another.—A cancer in the breast, of thirteen years standing, was cured, by frequently applying red poppy water, plantain and rose water, mixed with honey of roses. Afterwards the water alone effected a cure.

Another.—Use the cold bath. This, says Mr. Wesley, has cured many. It cured Mrs. Bates of Leicestershire, of a cancer in her breast, &

consumption, a sciatica and rheumatism, which she had been troubled with for nearly twenty years. She bathed for a month daily, and drank only water.

Another.—A bleeding cancer has been cured by drinking, twice a day, a gill of the juice of clivers or goose grease, and covering the wounds with the bruised leaves.

Another bleeding cancer was cured by the following recipe. Take half a pint of small beer, and when it boils, dissolve an ounce and a half of bees wax ; then put in an ounce of hog's lard, and boil them together. When it is cold, pour the beer from it, and apply it, spread upon white leather, and renew it every other day. It brings out great blotches, which must be washed with salphrunella dissolved in warm water. Purges should be added every third or fourth day.

CANCERS IN OTHER PARTS.

7. Apply red onions bruised, or make a plaster of rock allam, vinegar and honey, equal quantities, with wheat flour, and change it every twelve hours. It often cures in three or four days. A cancer under the eye was cured, by drinking a quart of tar water daily, washing the same with

it, and then applying a plaster of tar and mutton suet melted together. It was well in two months, though of twenty years standing. Bruised tren- cle root, worn as a plaster, will commonly cure a cancer in a few days. So will a small piece of rennet moistened and laid upon the tumor.

A CANCER IN THE MOUTH.

8. Boil a few leaves of succory plantain and rue, with a spoon full of honey, for a quarter of an hour. Gargle the mouth with this often, in an hour, or with vinegar and honey, wherein one ounce of rock allum is boiled.

ROSE CANCER.

9. Take one bushel of tobacco stalks, put them into a kettle over the fire, burn them to ashes, and leach the ashes with urine. To this, add a quart of white lie made of the ashes of red ash. Boil them both to the consistency of a plaster, and apply it to the part which is affected seven times a day.

The syrup for a cancer in the breast might be used in this case; or, take one pound of the top and root of the noble liver wort, one pound of dogmachy bark, two pounds of sassaparilla roots,

sheet firm, the tops and roots, four pounds; put the whole into two pails of water, boil the composition half an hour over a brisk fire, strain off the decoction and boil it down to three pints, and add an equal quantity of gin, and take a glass three times a day.

DEAFNESS AND DIZZINESS.

10. Peel a clove of Garlic, dip it in honey, and put it into the ear, with a little black wool. Lie with that ear uppermost, and put the same into the other ear the next night. Do this, if necessary, for eight or ten nights.

DIABETES.

11. Drink wine boiled in ginger, as much and as often as your strength will bear. Let your drink be milk and water, and all milk meats are good.

Drink three or four times a day, a quarter of a pint of allum posset, putting three drachms of them to four pints of milk, and it seldom fails to cure in eight or ten days.

Another.—Into two quarts of brandy, you may put four ounces of spruce gum, and to an adult a glass may be given, three times a day. Blue vi-

•lets, the roots dried and powdered may be given in doses of half a tea spoon full, three or four times a day.

In this disorder, all such food or drink as act as diuretic, should be carefully avoided.

GRAVEL OR STONE.

12. Take lobelia, violets, cammomile and rib wort, of each a handful. To this, add one pint of white lie, and boil the composition ten or twelve minutes ; then strain off the decoction, and add one pint of Holland gin. Take as much as the stomach will bear, six times a day. At the same time, take a glass of the juice of onion tops every night.

Another.—Take two pounds of hard root, called ox balm ; two pounds of Queen of the meadow, called by the Indians, Sofia ; two pounds of gensen root, with the roots washed clean and cut them fine. Then boil them half a day with clear water, in a tight covered pot. You must not skim, strain, or suffer it to boil over, nor let it remain in an iron vessel over night.

This compound is for two quarts. When this syrup is settled, drain it off, and add a pint of Holland gin, and half a pound of loaf sugar. Take

this syrup as hot as it can be drank, as much, and as often as the constitution will admit, until the gravel or stone is dissolved. This will be found a stone dissolving application, and should it cut or dissolve the stone or gravel so fast as to clog the neck of the bladder, as is often the case, the patient must take a diuretic syrup.

Another.—Make a strong tea of the herb called heart's ease, and drink plentifully of this tea; or take the root of Jacob's ladder, and make a very strong tea, drink plentifully of it, and it is a most certain remedy. This has proved to be the best cure that I have found.

Another.—Infuse one ounce of wild parsley seed in a pint of white wine, for twelve days.—Drink a glass before breakfast, fasting, for three months, and breakfast for three months on agri-mony tea. It entirely cured me, says Mr. Wesley, twenty years ago, nor have I had the least symptoms of it since.

Another.—Pour hot water to a good handful of gravel weed, and as soon as the strength is drawn out, give the patient one gill; and in half an hour give another, and so on till it begins to operate. Then once in two hours, and as the gravel begins to come away, in three hours; then once in six,

and so continue until well. This I consider the most sovereign remedy, that has ever been found out.

KING'S EVIL.

13. The king's evil may be cured with a plant called king's evil weed. It grows in the form of a plantain, but the leaves are smaller and spotted, green and white. It is a very beautiful plant, and grows in wild shady land, under almost all kinds of timber. When it goes to seed, there comes up one stalk in the middle of the plant, six or eight inches high, and bears the seed on the top of the stalk, in a small round bud.

Cure.—Take this, root and branch, pound it soft, apply it to the tumour for a poultice or salve, and let the patient drink a tea made of the same, for a constant drink. If the tumor is broken open, simmer the root and leaf in sweet oil and mutton tallow ; then strain it off, and add to it, bees wax and rosin, until hard enough for salve. Wash the sore with the liquor made of the boiled herb, and apply the salve, and it will not fail to effect a cure.

Another.—Make a decoction of lobelia, by putting a tea spoon full of the powdered herb into a

gill of water ; boil it six or eight minutes, and take as much as the stomach will bear, every hour for eight days. Then apply a poultice to the part affected, made by thickning in Indian meal, a decoction of cicuta. At the same time, make a syrup of noble liver wort and sweet fern, and drink freely of the same. If there is an open sore, after applying the above poultice a few days, a salve made by putting a handful of cicuta and henbane, into a half pound of hog's lard, and simmering it over a gentle fire half an hour, may be applied to the part three times a day ; or the juice of wood sorrel dried away to the consistency of salve, and applied as above.

Another.—Take as much cream of tartar as will lie on a six pence, every morning and evening ; or drink, for six weeks, half a pint of strong decoction of Devil's bit ; or set a quart of honey by the fire to melt. When it is cold, strew into it a pound and a half of quick lime beat very fine, and sifted through a hair sieve. Stir this about until it boil up, of itself, into a hard lump ; beat it when cold very fine, and sift it as before. Take of this, as much as will lie on a shilling, in a glass of water every morning, fasting, an hour before breakfast ; at four in the afternoon, and at going

bed ; or make a leaf of dried burdock into a pint of tea, and take half a pint twice a day, for four months. I have known this cure hundreds, says Mr. Wesley.

Another.—King's evil root grows in swamps and has a long leaf resembling deer's ears ; is a low plant, spreads out its leaves similar to plantain, and generally grows with cow-slips, and makes an excellent green.

Take this root washed clean, jam it fine, and put the same into cold water ; say a handful of roots to a pint of water, and let them infuse twelve hours. Then apply the root to the tumor, and drink the water. Change the root and apply a new one once in twelve hours. If you proceed in this manner, it will never fail of effecting a cure.

RHEUMATISM.

14. When the patient is first attacked with this complaint, make a lie brine, and bathe the parts affected until the pain is removed. It should be applied as hot as can be borne, and by this method a general action is produced. If the fever runs high, the bath may be cool ; but if numbness and cold affect the parts, the bath must be

hot. Then give a potion of Indian physic, three pills generally to an adult, and so in proportion as the age of the patient may require. If this does not remove the complaint, take as much lobelia, pulverized, as will lie on the point of a pen-knife, three times a day, for nine days. This will produce a gentle salivation through the system, open obstructions, produce a general action, and cure the patient.

To prevent a relapse, make a syrup of burdock roots, nettle roots, and Queen of the Meadow root, of each a handful; then boil them in one pail full of water, down to one quart; then strain, and when cold, add one pint of good rum and two gills of sale molasses. Drink a glass morning and evening, about two hours before eating.

Another.—Mix gum guaiacum in powder, with honey or treacle; take two or three tea spoons full, (or as much as you can bear without purging,) twice or thrice a day. This, says Wesley, is the best medicine I have met with, for the chronic rheumatism.

Another.—Dissolve one ounce of gum guaiacum, in three ounces of spirits of wine. Take sixty or eighty drops on loaf sugar, two or three

times a day ; or mix flour of sulphur with honey in equal quantities. Take three tea spoons full at night, two in the morning, and one afterward, morning and evening. It seldom fails of curing in a few days.

Steep black wasp nests in cold water until the strength is out. Give the patient one gill every hour, for three hours ; then give a potion of bell blow or Culver's physic.

Burn the bark of white ash to ashes, put one gill of these ashes to one quart of whiskey, and take a glass of this three times a day : or steep Queen of the Meadow root in new milk until strong, and drink three glasses a day. This is good for the flying rheumatism, and is thought, by some, to be a sure remedy. But the great and sovereign remedy for all rheumatic complaints, is to go into the cold bath three mornings and miss three, until you are completely cured.

Let the patients, at the first appearance of the morning, strip off the shirt, wrap themselves in a blanket and plunge into the water ; then come out immediately, put their blanket around them, retire directly to bed, sleep one hour, and they will feel wonderfully refreshed.

BILIOUS CHOLIC.

15. Give a spoon full of sweet oil each hour, for this has cured one who was thought to be at the point of death.

In case the complaint is obstinate and will not yield to mollifying and gentle medicine, give an injection of strong tobacco, steeped with flax seed, and I never knew it fail. This method must be resorted to, before the strength of the patient is too far exhausted. Spectators may be surprised at the effect the operation will have on the patient for a moment, but I have never known it do harm, and will relieve when all other means fail.

Another.—Get fresh horse dung before it falls to the ground, put it into boiling water, let it steep two or three minutes, settle and strain off the liquor, sweeten it with sale molasses, and let the patient drink this as warm as he can bear.—It generally relieves at once, and is a choice medicine for the Bilious Cholic. It is an Indian medicine.

N. B. A fine lady was cured by this when all other means failed.

BILIOUS PILLS.

16. These pill made use of prevent all kinds of fevers. Take one pound of sweet rind aloes, four ounces of jallop, four ounces pulverized blood root, two ounces of cloves and two ounces of saffron. Beat them all to a fine powder, pill them with molasses, and mix them well in a mortar.

The common way of using them, is to take one pill every night the bigness of a pea, if you have a bilious habit; but if you wish to physic, take four or five at going to bed. They give no pain in the operation.

BILIOUS COMPLAINTS.

17. Take the green leaves of tobacco, boil them in pure water until very strong. To one quart of this liquor, add three gills of rum, and three gills of sale molasses; then bottle it up, and take as much of this as the stomach will bear, twice a day. This wholly prevents the bilious cholic

ASTHMA.

18. Put three tea spoons full of pulverized lor

belia into a quart of rum, and use it for a bitter morning and night. Half a gill will be sufficient at once.

Another.—Take two ounces of spignard root, two ounces of sweet flagg root, two ounces elecampane, and two ounces of common chalk.—Beat them fine in a mortar, and add a pound of honey, beat well together. A tea spoon full is a dose, three times a day.

Another.—Take lobelia, blood root, the roots of blue violets and of ova, of each a tea spoon full when pulverized. Boil them fifteen minutes in six gills of water. Strain out the powders, and add to the decoction, an equal quantity of good rum, and take six times a day, sufficient to nauciate or make sick at the stomach, but not puke.

After taking the above, make a syrup of garden celendine, dogmachy bark, hog brake, and white Solomon's seal root. Make a syrup of this by boiling a handful of each in twelve quarts of water down to one; then add spirits and honey, and it is fit for use. Take two glasses a day, fasting; that is, two hours before breakfast or supper.

Another.—Beat saffron blows fine, and take

eight or ten grains every night ; or drink a pint of new milk, morning and evening. This, says Mr. Wesley, has cured an inveterate asthma.— Or take from three to five grains of ipecacuanha every day, or from five to ten grains every other evening. Do this, if necessary, for a month or six weeks. In a violent fit, take a scruple, instantly. In any asthma, the best drink is apple water ; that is, boiling water poured on sliced apples.

The food should be light and easy of digestion. Ripe fruit baked or boiled is proper, but strong beer or ale, is hurtful, and the patient should take but very little supper.

All disorders of the breast are much relieved by keeping the feet warm, and promoting a free perspiration. Exercise is also of great importance. The patient should take as much every day, as his stomach will bear. Issues are found to be of great service.

SPITTING BLOOD.

19. Take two spoons full of nettles every morning, and a large tea cup full of the decoction of nettles at night, for a week ; or three spoonsful of sage juice in a little honey. This presently

stops either spitting or vomiting blood ; or half a tea spoon full of Barbadoes tar, or a lump of sugar at night. It most commonly effects a cure at once.

Another.—Take a pound of yellow dock root, dry it thoroughly, pound it fine, boil it in a quart of sweet milk, strain it off, and drink a gill three times a day. Take also a pill of white pine turpentine every day, to heal the vessels that leak ; or pound balm of gilead buds with brown sugar, to that degree that you can make them into pills. Take four or five of these at going to bed, and it wonderfully helps the soreness in the stomach.

TYPHUS FEVER.

20. When the fever discovers itself, take the top of lobelia, steep it and drink small doses of it. A glass three or four times a day, when the fever is rising ; and dry the tops of the same very dry, grind it to a fine powder, add to it the same quantity of red beech bark pulverized very fine, and the same quantity of rattle snake's gall mixed well together. One grain is a dose. Give the patient a dose every half hour, when the fever is rising, until he gets in a full sweat,

and so continue until the fever is broken. Then let the patient drink a bitter made of unicorn root, and the bark of white wood root in wine or brandy. When the fever is mostly gone, physic off with Indian physic. Two or three pills are a dose: or give small potions of blood root and mandrake pulverized, in powder. Half a tea spoon full is a dose, or less or more, as the patient can bear without puking.

FEVERS.

21. *Another method of treating all kinds of Fevers, the Small Pox and Putrid Fevers excepted.* Sweating in the beginning of a fever, I never knew to do harm; but nine times out of ten, it will throw the fever off.

For this purpose boil hemlock boughs in a four pail kettle, until the strength is out. Then, if the patient is able to sit up, let him set over the steam covered with a blanket, putting in hot irons as the water cools, until there is a general perspiration produced. Half an hour, in general, will be as long as the patient can bear the steam. Then let him retire to bed, cover up warm, and take a smart potion of Indian physic. Three pills are enough for an adult. If the pa-

tient is not able to sit over the steam, provide eighteen beech blocks, eight inches long and about three inches through. Boil these blocks in hemlock bough water, until they are heated through. Then take out one half of the blocks, wrap them in cloths, and apply them to the patient in bed, to every pained part. As these grow cool, take them away and supply their places with the other nine from the boiling kettle; and so proceed, until there is a general and free perspiration produced; always remembering to give the patient something to guard against faintness, and brace up the stomach. Then give physic as above directed. This method will produce an increased action, it is true, but it will be a general action, and a general action is always conducive to health, let objectors say what they will. The author has proved this method for a number of years, both in his own family, and others, and has never known it to do harm, but has broke and thrown off many a fever. For the truth of this, many a witness may be produced. A smart potion of the vegetable or Indian physic, has, more than once, thrown off a fever without sweating; and as to the common method of giving pukes, and letting blood, ex-

cept in some cases, I must confess I cannot approve of it ; and as to the frequent use of calomel, I must likewise dissent ; for it does not produce the effect intended ; it kills the action of the bowels, and needs perhaps twenty potions of other physic to drive it off. This, I think, no honest physician will deny.

FEVER SORE.

22. Take the bark of shrub maple, caveron wood, Canada maple or cancer maple, it is all the same, by different names. Boil the bark in fair water, wash the wound with it, and syringe the same. Take a parcel of the bark and a handful of blue flag root, boil them strong, strain it off, boil it down to the consistency of a salve, add to it a little bees wax and honey, mix it all together while it is warm, and apply it for a day. It must be applied two days then for two days, drink tar water, and wash and syringe the sore with tar water, and so continue. Tar water is made thus.—Put half a gallon of tar into some vessel, (stone is the best) pour on half a gallon of water, let it stand four or five days ; then put a piece of flannel cloth upon the water to take

off the oil, which would be hurtful to the sore. Then it is fit for use.

N. B.—The above mentionad bush grows in swale and swampy land, and on the banks of brooks or rivulets, and is never found very far from water. It bears a leaf, and keys or seed like maple.

Another method of cure.—Firstly, wash the affected with a suds made of castile soap; then wash the sore with sweet water, that is mineral water; then, at evening, make a bat of clean tow, and wet it well in the sweet water; then put this upon the sore, bind it on, and wear it till morning. Then have a salve prepared, made in the following manner.

Two pounds of hog's lard, three fourths of a pound of rosin, six ounces of bees wax, and one ounce of the oil of spike. Simmer the first three together; then put in the oil of spike, and as it grows cool, stir it well together, and is fit for use.

Make a plaster of thin deer's leather or sheep skin, no bigger than the sore, if the sore is not bigger than a pea; and as the sore heals, the plaster must be diminished. Put the bat of tow aside, wash the sore with the sweet water, and

round about as far as the inflammation extends ; then lay on the salve plaster, and so continue until well. This is a most certain cure for fever or ague sores. Ague sores generally affect the bone. In the process of the cure, small scales of bone will be taken out, and sometimes the bone will be eat like a honey comb. In such cases, the patient should endeavor to make the sweet water penetrate to the bottom of the affected part.

MERCURY.

23. The diseases arising from the bad use of Mercury, put on different appearances, and the symptoms are various.

In the first place, there is generally a distressing soreness of the mouth and throat, and an increased discharge of saliva. After this, weakness of the joints, back and stomach, pains in different parts of the body, and chronic complaints of almost every kind.

To cure and cleanse the blood from the bad effects of this merbiffic materials, lobelia is superior perhaps, to any other medicine. It should be given in small doses, frequently repeated, and continued for some considerable length of time.

It will restore an equilibrium of action in the system, and produce a regular excitement. As much as will lie on the point of a pen knife, of the pulverized herb, must be taken three times a day, for eight days. Then make a drink by steeping the bark of dogmacha and cancer maple in cold water. The bark must be scraped fine from the bush, and renewed as often as the strength is out. A two quart vessel full, is enough to prepare at once. A handful of each of these barks is enough for two quarts of water. Let the patient drink of this, and continue for a month or more. In beginning to make use of the above described medicine, let the patient take a potion of Indian physic, or vegetable pills. Some exceptions to this, in case of females in certain periods of life.

NOTE.—This physic is opening and drawing. This caution may be sufficient, and in two weeks take another ; then in four the third. I think this will be sufficient in all ordinary cases. This method wonderfully sweetens and cleanses the blood, not only from Mercury, but from all other tumors. It removes pains from the side, hip and joints, and should be attended to, in all cases of

fever and ague sores, king's evil, scurvy leprosy, liver complaints, &c.

TOOTH ACHE.

24. *Cure.*—Take one dram of corrosive sublimate, put it into a half ounce of spirits of turpentine; and after standing one week, cut a straw or quill sharp, and with the same, put this into the hollow of the tooth; covering the tooth at the same time, with lint. This is better than the turnkeys.

Another.—Put into the hollow of the tooth, a piece of blue vitriol as big as the hollow will contain. Repeat this for several days, and it will kill the marrow; or, wet a lint with the juice of the stalks of angelica, put it into the hollow, and it will ease the pain. A decoction of lobelia frequently taken into the mouth and guggled about, particularly on the pained side, and a small quantity into the stomach so as to nauseate, is a sovereign remedy.

Tooth ache, from catching cold, may be cured by sweating the head, thoroughly, over hemlock bow steam, for two or three evenings. An ague in the face, and pain in one side of the head and temple, may be cured by bathing the part with

lye brine, two or three times, as hot as may be borne ; or bathe the head with sweet water, and this also cures the head ache that comes by heat and fatigue.

The sweet water will cure any inflammation whatever. Lie brine will effect the same cure.

TO PREVENT MORTIFICATION.

25. Take a handful of the root of blue flag, boil it in pure water until the strength is out, then strain out the liquor and boil down to the quantity wanted ; then add one sixth part of good sharp vinegar, and stir in wheat bran until it comes to the consistency of a poultice. Apply this to the part, change the poultice as often as once in an hour, in case of mortification. This poultice hath done wonders. This also cures sprains or bruises, and the recipe is worth more than gold.

Another.—Bathe the body or limb that is beginning, or in danger of mortification, with the white lie brine continually ; wetting a cloth and laying on the body or part affected, changing often. If the fever is high apply it cold, if cold and numbness succeed, apply it hot. This meth

od will almost bring the dead to life. Having a knowledge of this, is better than a golden treasure.

The author was called upon to visit a young man who was struck with such a degree of inflammation, that he had entirely lost the use of his limbs. He was more helpless than an infant, for he could not move hand or foot, while a hot steam issued from his joints, similar to a boiling pot. But by the application of the white lie brine to his body and limbs, by bathing and rubbing continually; in three hours, he was able to raise his hand to his head, move his feet, and finally to walk, with one each side of him. In this situation he went to his bed, and took a portion of vegetable pills. The next day he was able to walk about, and in three or four days was well.

A number of years since, the author had a little son sick with the inflammation in the bowels, and continued along for two months. The Physician tried his skill without effect, the child grew weaker until nature was exhausted, and the taper of life was almost extinguished. Observing his bowels at this critical period, there appeared a black spot nearly an inch wide, and

perhaps two or three inches long, which evidently was mortification began. But by instantly applying a poultice, made of flour and honey, and yeast, to the part, the colour changed, the mortification was checked, the child recovered and got well. I hope my readers will not neglect this little book.

WORMS.

26. There are three kinds which I shall notice. The first is the long tape worm, very full of joints. The second is the long round worm. The third is called the pin worm.

The tape worm may be killed in the following manner. Give the patient a puke, and follow the puke with a smart potion of imperial physic ; and then give the patient the following dose. Take two ounces of blue flag root, pound it fine, and add half a pint of the highest proof French brandy. Let the patient drink the whole of this in two hours, and give imperial physic to bring the worm away. This a most certain cure.

Another.—Mix a table spoon full of Norway tar in a pint of small beer, and take it soon as you can in the morning, fasting. This brought

away a tape worm thirty six feet long. Or take from two to five grains of gamboge, made into a pill. Drink after it a little weak green tea, and likewise, when it begins to operate, until it is evacuated.

ROUND LONG WORM.

27. Take the bark of witch hazle scraped down towards the root, steep it in a pewter vessel, not let it boil, steep it on a moderate heat, very strong. A child of a year old can take a table spoon full, if older, take more. Let them take it four or five times a day, it is sure and safe : or give dried and powdered false tongue of a colt, either in powder, in sugar or in herb drink. This is also a royal medicine for fits in children : or give Indian hemp root. It is a notable worm medicine.

N. B.—The worms must be physicked off in every case after medicine is given : or give a tea spoon full of pulverized tobacco seed.

Another simple way.—Make a child go to bed without its supper, and in the morning, at eight or nine o'clock, give the child as much new milk well sweetened, as it will drink or eat with a spoon. The worms will eat so much that they

will be almost as torpid as a stick of wood. In three quarters of an hour, give a smart potion of quick physic ; and this will bring them away at a great rate : or dissolve an ounce of hepatic aloes in a strong decoction of rue, and take a tea spoon full or two in a morning, fasting. It destroys both round and pin worms ; or take two tea spoons full of worm seed mixed with molasses, for six mornings.

PIN WORM.

28. Steep a spoon full of tobacco seed in a gill of rum for twelve hours, and let the patient drink the whole of it if he can bear it ; otherwise, one half in the morning, and the other at night, fasting ; and this never fails : or give an injection of strong tobacco juice, which kills them, and a potion of vegetable physic, which brings them away ; or drink plenty of metheglin ; or let the patient eat freely of the burned part of stewed pumpkin. That which adheres to the bottom of the kettle where it is stewed. This is a very good remedy. Children that eat plenty of leeks in the spring of the year, will not be troubled with worms.

WHITE SWELLING.

29. *A remarkable cure for White Swellings about the joints.*—Take one quart of sharp vinegar, and set it in a vessel upon the embers until it is boiling hot ; add to this six cents worth of sugar of lead, and stir this until the lead is dissolved ; then, for one half hour, bathe the part affected, as hot as can be born. Then with a long bandage dipped or wet with the vinegar, commence winding the part particularly affected as hard as the patient can bear, and keep winding until you get six or eight inches below the joint ; then pin the bandage light, and continually wet the sore as it dries. A hot steam will soon begin to rise from the joint, and so continue wetting and tightening the bandage, until it is all reduced and the patient cured.

A gentleman living in the County of Madison, having a white swelling about the joint of his knee swelled to an enormous size, applied to many different physicians, who all informed him that he must either loose his limb or his life. Not being content to part with either of them, had finally concluded they should both go together, rather than suffer amputation. But a gentleman not pro-

fessing any skill in surgery or physic, unsolicited, undertook the cure, and by continued perseverance with the bath and bandage, the infirm man in three days was able to walk, and shortly was entirely well.

The author had the satisfaction of hearing this account from the patient himself, then sound and well

SWELLINGS.

30. *Cure for Swellings that come of themselves.*—Make an ointment of alder tags, sugar of lead, meliot and saffron, simmered together in hog's lard. When the strength is out, strain and annoint the parts affected; it will scatter the swelling if taken in time. Give the patient something to guard the stomach before annointing.

POULTICE FOR OLD SORES.

31. Scrape yellow carrots, with them on a pan or fire shovel, until very soft; apply it to the sore and it takes out the inflammation. It is an excellent poultice for sore breasts; and perhaps there is nothing better that can be applied to the eyes that are sore and inflamed.

R

INWARD HURTS OR, ULCERS.

32. Take elecampane, comfrey, spikenard, master wort, angelica and ginseng root, of each a pound; boughs of fir, two pounds; cammomile, one pound. Put them into a still with a gallon of rum, and two gallons of water. Draw off six quarts, drink a small glass at night, and one in the morning.

AN ESSENCE.

33. This is an excellent essence, and good for all sorts of inward weakness, inward fevers, pain in the side, stomach or breast, coughs &c.—Take twenty pounds of fir boughs, one pound of spig-nard, and four pounds of red clover. Put them into a still with ten gallons of cider; then draw off three gallons, and drink half a glass night and morning.

STOPPAGE OF WATER.

34. Take a spoon full of honey bees, as much buds of current bushes, steep them in hot water very strong, and drink two spoons full at a time, every half hour. This is a most excellent remedy.

NOTE.—The distilled water of the fir boughs, apikenard, &c. is called the essence of fir.

THE PILES.

35. If the Piles are outward, make an ointment of cammomile, sage, parsley and burdock, the leaves of each. Simmer them in fresh butter or hog's lard and oil. Anoint with it, and drink tar water, half a gill three times a day. But if they are inward or blind piles, drink tar water twice a day, and the essence of fir every night on going to bed, half a small glass. This effects a cure in about two months. For the outward piles, anoint the parts with the salt rheum ointment, it is a certain cure.

Look to the page where the ointment is described; or a tobacco leaf steeped in water twenty four hours, and applied to the part; or a poultice of boiled brook lime, seldom fails to cure; or bruised onion skinned or roasted in ashes, perfectly cures the dry piles; or apply varnish, it will perfectly cure both the blind and bleeding piles.

INWARD PILES.

36. Swallow a pill of pitch, fasting. One pill generally cures the bleeding piles.

BLEEDING PILES.

37. Lightly boil the juice of nettles with a little sugar, and take two ounces. It seldom needs repeating.

AGUE FEVER; OR, FEVER AND AGUE.

38. Go into the cold bath just before the cold fit comes on; or just before the cold fit comes on, let the patient put his feet into a tub filled with water as hot as can be borne, up to the knees; and as the cold shivers come on, drink down cold water as fast as possible. The heat from below, and the cold from above will meet in the stomach, and fall at variance, a sickness at the stomach will succeed, and the patient will puke at no small rate. After about an hour, let the patient retire to bed and sweat. This method will generally succeed, and seldom fails of breaking the fits and throwing off the fever. And now what remains to be done, is to cleanse the blood and strengthen up the patient.

FEVER AND AGUE.

39. *This is an Indian cure.*—Into one pint of vinegar, put three hen's eggs, and let them steep therein until the shell is all dissolved, leaving the eggs whole, then take out the eggs and it is fit for use.

Take half a gill of this vinegar in the morning, and also at ten o'clock, and continue this for several days. I never new it fail of effecting a cure.

FEVER AND AGUE IN INDIANA.

40. *Cure.*—Take two heaping tea spoons full of rheubarb, two of cinnamon bark pulverized, and two of sulphur. Mix them well together, divide it into six equal parts. Take one of these parts in sale molasses, in the morning ; and in the evening take another, and so continue. It is said to be a certain cure.

ANOTHER SIMPLE METHOD.

41. Take a handful of hops, boil them in a pint of water, and drink of this decoction just before the cold fit comes on. It wil surely stop the fit for this time, if not entirely throw it off. Pro-

ceed in this way a few times, and it will effect a cure.

NOTE.—The decoction must be drank as hot as can be borne.

If the fits should not subside after trying the above methods, the patient may take two syrups, one to be taken before the cold fit and the other after. For the syrup before the cold fit.—Take colt's foot, snake root, ginseng root, cohosh root, tanzy, hysop and worm-wood. That to be taken after the cold fit.—Take gold wort or cool wort, maiden hair, chicken grass, or chicken claws as it is called by some, and the small bull rush, called wire grass. Boil these and make your syrup; then add to them spirits and molasses, and it is fit for use.

FELON.

42. Blue flag roots and March turnip roots, a handful of each, stewed in half a pint of hog's lard. Strain it off, add four spoons full of tar, simmer them together, and apply this to the felon until it breaks. Add bees wax and rosin to the ointment for a salve, to dress it with after it is broken. This is an infallible cure without losing the joint.

Another.—Make thin mortar of lime and soap, take a thimble that has a top to it, fill the thimble with the mortar, and place it directly over the part which is affected, bind it on with a cloth so as perfectly to exclude the air, and renew it every two hours for ten days. After this, take the green bark of bitter sweet and elder bark, boil them in milk and water, thicken the decoction with Indian meal, and apply it to the part every four hours, for the space of twenty four hours. After this, it may be healed with almost any mild ointment.

Let any person catch a burnose mole, and hold it in their hand until it is dead, and I believe they will never have a felon on that hand: or let them hold the finger of any person that hath a felon coming, within the hand in which the mole died, is most certain to prevent its coming any further. This I have tried a number of times, and it seldom has failed.

When the felon first begins to be painful, wind the finger above the pained part with a strong thread of woollen yarn, so as almost to stop the circulation of the blood, and wear it about one hour. This is a most certain remedy for a felon.

A WEN.

43. Dr. Rivere says, I cured a wen as big as a large fist, thus. I made an instrument of hard wood, like the stone on which the painters grind their colours on marble. With this I rubbed it half an hour, twice a day. Then I laid on a superating plaster very hot, which I kept on four or five days, and the wen superated and was opened. Afterwards all the substance of it turned to matter, and was evacuated. Thus I have cured many since.

Another method.—Wrap leaves of sorrel in a wet paper, and roast them in the embers. Mix it with finely sifted ashes into a poultice, and apply this warm, daily; or make a soap of liver oil and white lie; into this soap, put the roots of cow lilies, as long as the soap will eat them up. With this soap, frequently annoint the wen until it is cured. This ointment is excellent to remove a callous.

Take clean rags and burn them on a pewter dish, and gather the oil on the pewter with lint. Cover the wen with it twice a day, continue it for some time, and the wen will drop out without any further trouble.

SALT RHEUM.

44. Firstly, cleanse the blood by making a decoction of dogmachy bark, sweet fern, and ground hemlock, (not cicuta.) Add one pint of gin to a quart of this decoction, and take a glass three times a day. After taking this one week, make an ointment by simmering six common frogs in one pound of hog's lard or fresh butter, two hours. With this ointment frequently annoint the part affected.

Another.—Take blue flag root, river willow, the bark of the root, and skunk cabbage root, boiled in pure water very strong. Strain and add hog's lard, and continue boiling until the water is all evaporated, and when cold it is fit for use. Annoint the parts affected, twice a day, until well.—It also cures the piles.

Steep the root of cockawash jammed up in cold water, six or eight hours ; then wash the parts affected, with the decoction three or four times a day, and drink two glasses a day of this steeped in another vessel for that purpose. It is a certain cure.

MOUTH CANKER.

45. Take one pound of fresh butter, put it into an earthen vessel well glazed, set it on the fire, and let it boil. When boiling, add to it four green frogs, put them in alive, let them stew until the frogs are dry, take them out, and add a little cammomile and parsley. When cold, stir in a little burnt allum pulverized. Anoint the mouth with this ointment, and let the patient swallow a few drops frequently.

NOTE.—March turnip and molasses, cure canker in the mouth.

This will cure the most inveterate canker in the mouth, throat or stomach : or make a strong decoction of the pounded root of blue cohosh, and sweeten it with honey. Wash the mouth with this frequently, and swallow half a tea spoon full each time of washing. This is a very sure remedy.

QUINSY.

46. Draw in as hot as you can bear for ten or twelve minutes together, the fumes of red rose leaves or cammomile flowers, boiled in water or

vinegar, or give a decoction of bruised hemp seed.

This speedily cures the sore throat, peripneumony, and inflammation of the uvula, or pallate of the mouth; or give the patient one pint of strong syrup, made of the root of Queen of the Meadow; then a potion of vegetable physic, also make a poultice for the outside of the throat, with the comb of a hornets nest, and prepare this poultice with rum on the coals, and apply them warm once in half an hour.

One botanic physician says, all that is necessary in this complaint, is to give enough lobelia at first, to puke; then in small doses, just to nauseate the stomach a little: or sweat the throat with spotted cardis, boiled in milk and water, by holding a pot of it under the throat as hot as may be borne, and hold some of it in the mouth.—Wear a piece of black silk about the neck, and the quinsy will not return.

NOTE.—Wear a string around the neck, that has been tied around a dried toad's neck, and it cures the quinsy or scatters it away.

ST. ANTHONY'S FIRE.

47. Make egg wine rich and good for drinking. Drink part of it, and wash the part complaining with the other part. It is said to be infallible.

Or take a glass of tar water in bed every hour, washing the part affected with the same ; or take a decoction of elder leaves as a sweat, applying to the part a cloth, dipped in lime water ; or drink freely of a decoction made of elder blows, bathing the part affected with the same. This is a sovereign remedy ; or take two or three gentle purges.

No acute fever can bear repeated purges better than this, especially, when it affects the head. In the mean time, boil one handful of sage, two hands full of elder leaves or bark, and one ounce of allum to two quarts of blacksmith's forge water, to a pint, and wash with this every night.—Dressing the inflammation with greasy ointment, salve, &c. is very improper. In Scotland, the common people cover the part with a linen cloth, covered with oat meal.

HOOPING COUGH.

48. A syrup made of elecampane and honey, four ounces of the root to half a pint of honey. Bake it in a well glazed earthen pot, in an oven half hot ; if the root is green, it needs no water ; if dry, add half a pint of water. A tea spoon-full for a child, and so according to age, three times a day ; or make a decoction of lobelia, shumake berries and hysop, boiled and sweetened with honey ; and firstly, taken so as to operate gently as a puke ; afterwards, in small and nauseating doses, frequently repeated, is an excellent remedy. Common leeks cut and pounded fine, and put with equal quantities of sweet oil, is a good remedy for blisters, warm bathing, gentle purges, &c.

CONVULSION FITS.

49. Take convulsion roots, fit root or ova, it is all the same by different names ; make a tea of them and drink, or powder them and take it in small doses.

Convulsion root grows in timbered land, and comes up in July. It comes up with a bunch of white stalks, about six or eight inches high, with

a little knot on the top and has no leaves. The top and root are for use. The root is a bunch of small fibres very numerous, and full of little knots about the size of a mustard seed.

The dried false tongue of a colt, pulverized and given in small doses, or steeped and the decoction given, is an excellent remedy : or beech drops for the same, has cured many ; or scrape fine the outside of the barrel of a goose quill, about the quantity of a charge of gun-powder, and the same quantity of gun-powder, is a dose for a child seven years of age. Take of this every other morning until the fits subside. At the same time, drink a decoction made of tag elder bark, steeped in cold water, three or four times a day.

SORE NIPPLES.

50. When the infant stops sucking, apply a plaster of the balsam of fir, and it will cure in three or four days.

ITCHING HEELS.

51. Take any kind of tallow and rub the part affected with it; rub it in by a hot-fire at night go-

ing to bed, and repeat it three or four times. A certain cure.

SORE EYES.

52. White vitriol one tea spoon full, sugar of lead the same quantity, gun powder the same, to one quart of water, mixed and shook well together six or eight times, and wash the eyes three times a day. This is an infallible remedy.

In old cases of this complaint, it is usually necessary to cleanse the system of humors, &c — For this purpose a decoction of dogmacky bark and cat's foot, or gill go by the ground made strong, might frequently be drank. After this, make a decoction of lobelia in spring water, strain off the decoction through a very fine cloth, and wash the eyes often.

BLOOD SHOT EYES.

53. Apply boiled hysop as a poultice. This has a wonderful efficacy.

CLOUDED EYES.

54. Take a drachm of powdered Bethony every morning.

DULL SIGHT.

55. Drop in three drops of the juice of rotten apples often ; or steep the bag wherein the musk of a skunk is contained, in half a gill of water. Dip a soft rag in the water and gently daub the eyes two or three times a day.

FILMS ON THE EYE.

56. Mix the juice of ground Ivy, that is, gill go by the ground, with a little honey, and two or three grains of rock salt. Drop it morning and evening.

HUMORS IN THE EYES.

57. Apply a few drops of refined sugar, melted in Brandy, to the eye ; or boil a handful of bramble brier leaves with a little allum, in one quart of spring water to a pint. Drop this frequently into the eye. This also cures cankers or any sores.

INFLAMED EYES.

58. Apply, as a poultice, boiled roasted or rotten apples, warm ; or roasted carrots, with the pith taken out, and this will hardly fail ; or worm-

wood tops, with the yolk of an egg. This is a fine remedy.

Another.—Stamp and strain ground ivy, celandine and daisies, an equal quantity. Add a little rose water and loaf sugar, and drop a drop or two at a time in the eye, and it takes away all manner of inflammation, smarting, itching, spots, webs, or any other disorder.

EYE WATER.

59. This is an eye water used by Stephen Fox when he was sixty years of age and could hardly see by the help of spectacles, but hereby in some time he recovered his eye sight, and could read the smallest print without spectacles, until above eighty.

Take six ounces of rectified spirits of wine, dissolve one drachm of camphor in it, and add two small hands full of dried elder flowers. In twenty-four hours it is infused, and is ready for use.

Take a little in a tea spoon, dip your finger in it and bathe your forehead over your eyes, and each temple with it, several times morning and evening, and twice more in the day constantly. In the mean time, dip a soft rag in dead

small beer and new milk, warm ; daub each eye a dozen times gently, morning and evening.— This eye water, if you have the tooth ache or swelled face, rub it well on the part, and it will take away the pain. It will cure any bruise, if used immediately, and will cure any inflammation in the eyes.

FROZEN LIMBS.

60. Plunge them into cold water until the frost is out, and then annoint them with goose grease.

UVULA RELAXED.

61. Bruise the veins of a cabbage leaf, and lay it hot, on the crown of the head. Repeat it if necessary, in two hours. I never knew it fail.

BLOODY FLUX.

62. Take a puke of mullen leaves pounded, add to them a little water on the leaves, press out the juice, clarify it by scalding it over the fire ; then add to it a quart of brandy, sweeten it with loaf sugar, and let the patient drink a table spoonful every hour. Or take blood weed

called horse tail, cammomile and comfrey roots, boiled together, sweetened with honey, and drink often of it. Or take sweet flag root, boiled in milk and water, and sweetened with honey.— Drink often of this medicine, taking a gill at a time.

Drink often of a tea made of white pine bark, spikenard and everlasting.

NUMB PALSY.

63. Give a table spoonful of flower of sulphur once an hour, bathe the part with a strong decoction of nettle roots as hot as may be borne, take one pound of roll brimstone, boil it in four quarts of water to one quart, and let the patient drink a table spoonful once an hour. If applied early, it will carry it off. Or use the cold bath, rubbing and sweating. Or shred white onions, and bake them in an earthen pan until they are soft. Spread a thick plaster of this, and apply it to the benumbed part, all over the side if necessary.

I have known, says Mr. Wesley, this to cure a person of seventy-five years old: or boil white and red sage, a handful of each, in a quart of

white wine, then strain and bottle it. Take a small glass morning and evening.

☞ This medicine helps all manner of disorders.

PALSY OF THE HANDS.

64. Wash them often in a decoction of sage, as hot as you can bear; or boil nettle roots until the decoction is as strong as lie, and bathe the hands frequently in this. I know of nothing better; or two or three spoonsful of mustard seed in a quart of water, and wash often in this as hot as may be.

PALPITATION OF THE HEART.

65. Take the saw dust made from a pitch pine knot, the tops of blue vervine and agrimony, of each a handful, pulverize the herbs, and put them into two quarts of wine, let them infuse twelve hours, and it is fit for use. Take a small glass three times a day, and it seldom fails. Or take a decoction of mother wort every evening.

CATARRH.

66. The best method I ever found out, was to

make a snuff, by drying the root of helehore, and after being pulverized, add one third of the bark of the root of sassafras made fine. Take a small pinch of this a few times, until the pores of the head are open, and the putrid matter discharged. Let the patient, at the same time, drink a decoction made of hemlock boughs, bathing the temples with the same, and it will prevent catching cold. Afterwards take Maccaba Snuff, scented with the oil of rosemary, (not rose water.) It is a fine remedy for the head ache. I have been a living witness these eighteen years. Or you may scent your snuff with colt's foot, snake root, pulverized: it makes an excellent physic for the head.

Another.—A snuff made of ground ivy, must be taken for six weeks. Also four ounces of bitter sweet roots, one pound of celendine, one pound of dogmackemose bark and one pound of ground ivy. Boil them in one pailful and a half of water, down to one quart; add to this decoction the same quantity of gin, and take four glasses a day.

In bad cases, take lobelia frequently, in small doses, and smoke the nostrils with dogmackey bark, dried and set on fire while the head is held

over it. Sweating in the first stages of the disease is useful.

Another.—Take the root of yellow dock, split and dry it in an oven, blood root, and pigeon berry root, four ounces of each, one ounce of cinnamon, half an ounce of cloves, pound them very fine, and let the patient take a pinch of this snuff eight or nine times a day, and every night smoke a pipe full of cinnamon bark mixed with a little tobacco, and sweat the head with a decoction made of hemlock boughs, brandy and camphor. It seldom fails.

JAUNDICE.

67. Steep a handful of the top and root of garden celendine, in a pint of new milk. Let the patient drink as much as the stomach will bear. It seldom needs repeating, especially in children under twelve years of age. People of adult age might take purges of vegetable physic, or of lobelia, or of the bark of the key ash in decoction. These might firstly be taken, and in bad cases repeated. Blood root might also be taken in very small doses—what will lie on the point of a pen knife might be taken three times a day. Or take half a pint of strong decoction of nettles, or bur-

dock leaves, or boil three ounces of burdock root in two quarts of water to three pints, and drink a tea cup full every morning. Or make a strong decoction of horse raddish, sassaparilla roots, burdock roots and seeds, red cherry bark, and prickly ash bark. To this decoction, put an equal quantity of rum and take it upon an empty stomach, a glass three times a day. This is an excellent remedy for bilious complaints.

CANKERASH.

68. To one quart of good brandy, put one table spoonful of powdered blood root. Drop three or four drops of this into spirits, and give the patient a table spoonful once an hour, until the fever subsides, and give a spoonful of clear spirits betwixt doses. Perhaps this is the surest remedy that was ever known. Forty little suffers were saved in one neighborhood, by this medicine, when every other had failed.

In slight cases of this disease, the following composition is usually sufficient.

One ounce of blood root, half a pint of good vinegar, and two ounces of honey. Mix the whole together, and take a tea spoonful every half hour. In severe cases a potion of vegeta

ble physic in powder, or boiled lobelia must be given to clear the stomach and bowels, and afterwards the above composition. The mouth must be washed frequently with sage tea sweetened with honey. Weak lie should also be drank.

LOCK JAW.

69. Feed the patient with French brandy, and it seldom fails. When any person is taken with the lock jaw, give him five grains of Dover's powders, then sit him in a tub of water as hot as he can bear, bathe his head with camphorated spirits, let him sit or stand in the water as long as he can bear it without fainting, and bleed him if possible. Repeat this three or four times, and when out of the water, put him in a warm bed wrapped in warm flannel.

INFLAMMATION IN THE HEAD.

70. Take red beets, pound them very fine, press out some of the juice, let the patient snuff some of the juice up into the head, and make a poultice of beets and lay it on the head, for the fever. Use rattlesnake's gall preserved in chalk and cream tartar and head bethony. Bleed as often as once a day, physic with mandrake root,

and keep strong drafts on the feet. Or bathe the temples frequently with white lie brine, in addition to the above.

FILM OF THE EYE.

71. Take sugar of lead, make it as fine as possible, take an oat straw, dip the end of the straw into the powder, and blow a little of the sugar of lead into the film, morning and evening. After the film is almost consumed, apply to it a drop of hen's fat once a day, until the film is entirely removed.

A BREACH.

72. Take snails that crawl about on old rotten wood, and you may often find them on old logs or stumps. Collect a parcel of them, take enough of them to cover the breach, put them on a linen cloth, bind them on, and repeat it as often as the snails are dry. For a child, boil a spoonful of egg shells dried in an oven, and powdered in a pint of milk, and feed the child constantly, with bread boiled in this.

For an adult take agrimony the herb, Solomon's seal and straw berry roots, wash them well, stamp and boil two hours in two quarts of white wine,

in a vessel close stopped, and drink a large glasse of this every morning, and an hour after dinner, It most generally effects a cure in about a fortnight.

SCIATICA.

73. It is cured by a purge being taken a few hours after it begins. Or use cold bathing and sweating, together with the flesh brush twice a day. Or boil nettles until soft, let them foment with the liquor, and then apply the herbs as a poultice. I have known this, says Wesley, cure a Sciatica of forty five years standing. Or apply nettles bruised in a mortar, or apply a mud made of powdered pit coal and warm water.

This frequently cures sores, weakness of limbs and most disorders of the legs, swelling and stiffness of the joints.

SCURVY.

74. Take tar water, morning and evening, for three months; or three spoonsful of nettle juice every morning, or decoction of burdock. Boil three ounces of the dried root in two quarts of water, to two pints. Take half a pint daily, unless it purges too much, if so take less. Or take

a cup full of the juice of goose grass, called clivers, in the morning fasting. It is a most excellent remedy.

VEGETABLE POISON.

75. *To cure Vegetable Poison, Running Ivy, or Poison Elder.*—Take rosemary leaves or blossoms, make a tea of them to drink morning and night, the same as above, or any other. Or take wild turnips, if green, pound them and press out the juice ; if dry, boil them in fair water, and wash the part affected with the clear liquor.—Take part of it, add to it a little saffron and camphor, and drink to cleanse the fluids and guard the stomach.

INWARD ULCERS.

76. Two ounces of the bark of sassafras root, two ounces of colt's foot root, two ounces of blood root, one ounce of gum myrrh, once ounce of winter bark, and one ounce of sucatrine aloes, steeped in two quarts of spirits. Drink a small glass every morning, and live on simple diet.—For constant drink, make a beer of barley malt one peck, spikenard roots two pounds, comfrey roots one pound, burdock root two pounds,

spruce boughs, five pounds, angelica, one pound, fennel seed, four ounces, for ten gallons of beer. Drink one quart a day, let your exercise be light, and food easy of digestion.

HEART BURNING.

77. Drink a pint of cold water, or drink slowly a decoction of camomile flowers, or eat four or five oysters, or chew five or six pepper corns a little, then swallow them; or chew fennel or parsley, and swallow the juice. Sometimes a vomit is necessary.

HICKUPS.

78. Swallow a mouthful of water, stop it in the mouth and ears; or take any thing that will make you sneeze; or three drops of cinnamon oil on a lump of sugar; or dash cold water suddenly on the patient's head.

HOARSENESS.

79. Rub the soles of the feet before the fire, with Garlic and hog's lard, well beaten together over night. The hoarseness will be gone in the morning. Or take a pint of cold water at going to bed, or dry nettle root in an oven. Then pow-

der them finely, and mix them with an equal quantity of treacle, (molasses.) Take a tea spoonful of this twice a day, or boil a handful of wheat bran in a quart of water; then strain and sweeten it with honey, and take a sup of it frequently.

BITE OF A MAD DOG.

80. Plunge into cold water, daily, for twenty days. This has cured even after the hydrophobia had began. Or mix a pound of salt with a quart of water, and squeeze, bathe and wash the wound for an hour. Then bind some salt upon it for twelve hours.

N. B.—The author of this recipe was bit six times by mad dogs, and always cured himself by these means.

This recipe may be of more value to some one than all the riches of the Indies.

A SPRAIN.

81. Boil bran in wine vinegar to a poultice, apply it warm, and renew it once in twelve hours. Or take a handful of blue flag root, boil out the strength, then take out the roots and stir in wheat bran, to the consistency of a poultice. Add a

little sharp vinegar, and apply it to the part complaining, and change it once in four hours until well. This will also stop mortification, and draw the inflammation from any wound, sore or swelling.

NOTE.—Adding vinegar to the poultice prevents its drawing a blister.

Another.—Mix a little turpentine with flour and the yolk of an egg, and apply it as a plaster.—This will cure in all desperate cases. Weakness remaining after a sprain, is cured by fomenting the part daily with beef brine.

STINGS.

82. For the sting of a bee, apply honey; for the sting of nettles, rub the part with nettle juice; for the sting of a wasp, rub the part with the bruised leaves of horse leek, water cresses or rue; for a sting in the eye, apply cardus bruised with the white of an egg, and renew it if it gets dry.

PAIN IN THE STOMACH.

83. *Cure for pain in the stomach from bad digestion.*—Take fasting, or in the fit, half a pint of camomile tea, for five or six mornings; or

drink the juice of half a large lemon, immediately after dinner, every day.

CHOLERIC.

84. Take half a pint of decoction of ground ivy, with a tea spoonful of the powder of it, five or six mornings.

NIGHT SWEATS.

85. Drink a decoction made by steeping the iron root* pulverized. This is a most certain cure.

TOOTH ACHE.

86. To prevent this, wash the mouth with cold water every morning, and rinse it after every meal: or rub the the teeth often with tobacco ashes.

† Iron root generally grows under white or black oak trees, and clings fast to the root of the oak, something like fungous; and resembles those great warts you have seen upon cattle. The outside is blackish, and the inside resembles saw-dust. The stalk grows eight or nine inches high, has no leaves, only scales. Upon the top is a round pod, resembling the seed pod of tobacco, full of seed similar to tobacco seed.

THORNS.

87. *Method of drawing out thorns, splinters and bones.*—Apply to the part, nettle roots pounded with salt.

ULCERS.

88. *To cure thrush, or little white ulcers in the mouth.*—Mix the juice of celendine with honey, to the thickness of cream, and infuse in it a little powdered saffron. Let this simmer a while, then skim it and apply it with a feather. At the same time, give eight or ten grains of rhubarb to a grown person.

Another.—Take an ounce of clarified honey, skim off the dross, put in a drachm of rock alum well powdered, and stir them well together. Let the child's mouth be rubbed well with this, five or six times a day, with a bit of rag tied upon the end of a stick. And even though it be the thorough thrush, it will cure it in a few days.

BALDNESS.

89. Rub the part morning and evening with red onions until it is red, and rub it afterwards

with honey. Or wash it with a decoction of box wood bark.

POLYPUS IN THE NOSE.

90. Powder a lump of allum; and snuff it up frequently. Then dissolve powdered allum in brandy, dip lint therein, and apply it at going to bed.

WATERY BRASH.

91. The patient that is troubled with the watery brash, continually drules from the mouth a cankerous fluid, that very often makes a raw sore wherever it flows. Give two or three small potions of lobelia, so as to nauciate the stomach a little. Then make a decoction of blue cohosh root sweetened with honey, and give two or three spoonsful in a day. Then take the balsam or bay tree, the bark of the root of shumake and black berry twigs. Jam them up and put them into cold water, and drink of it constantly every day.

COMPLAINTS OF THE BREAST.

92. Drink, every morning, rum and molasses with an egg broke into it. One glass of rum

and molasses, with the addition of an egg, is a dose.

A WEN.

93. Unslacked lime, beaten into powder and mixed with soap, taketh away a wen, being annointed therewith.

WARTS.

94. If you annoint warts with elder berries, it will cure them. Or rub them with a piece of fresh beef, and the beef being buried in the ground, the warts will consume away as the beef rots.

EYE WATER.

95. Take half an ounce of white vitriol, and the same weight of loaf sugar; boil them in a pint of spring water, strain and bottle for use. Bathe the temples under and over the eyes, and put a little in the eye two or three times a day. If it is too strong, it may be weakened by adding a little water, as occasion may require. This is said to cure old inveterate sore eyes of long standing that no other medicine would effect, communicated by an aged lady who had

been afflicted. I hope my friends will make a trial of this simple, cheap and very easy method.

CRAMPS.

96. Take cramp root, or iron root, as it is called by some ; steep it in water or put it into brandy, or drink of it either in the fit, or at other times, and it will wholly prevent the cramp. It is likewise an excellent remedy for night sweats. Ox balm, toad root yellow or arch angel, known by different names, are a notable remedy for night sweats. Or the root pounded and steeped strong with white pine bark, and the bark of black birch boiled down to a small quantity ; after straining, add one half sale molasses, and being drank, is a notable remedy for the dysentery.

DYSENTERY.

97. Take a pint of good rum or whiskey, and add half or two thirds the quantity of the berries gathered from the spotted alder when ripe, and in a few hours it is fit for use. Drink often of this, and it will effect a cure in a very short time.

This alder grows in swamps and marshes, and bears a red berry when ripe, and is known by the names of spotted alder and black or red berried alder. A strong decoction of the bark destroyeth worms in children or adults, being drank freely.

FEVER SORE.

98. Boil the tops and roots of clover, in one pailful of water down to two quarts. Then put a spoonful of strong ashes, or in a desperate case, you may put a spoonful to a quart of this decoction. Let all boil together till the strength is out, then strain out the liquor, and when cool it is fit for use.

Let the patient make use of this for constant drink, and wash the sores with the same. This has cured in a most distressed case, when all other means had failed.

HIP RHEUMATISM.

99. First give a potion of vegetable pills, and after the operation, boil a peck of the roots of stinging nettles, until the strength is out and the decoction as strong as lie; bathe the hip before the fire for half or three quarters of a hour. →

Then jam the boiled roots to a poultice, apply it to the hip, repair to bed, and in the morning lay it aside. Then take two thirds lobelia and one third mandrake root, pulverized, take as much as will lie on the point of a pen knife, three times a day, for nine days. The exact quantity of this powder I cannot determine, but the patient should take enough to nauciate the stomach a little, yet not so as to puke. Some will bear more, and others less. This will produce a kind of sallivation through the whole system, produce a general action, open obstructions, and cleanse the blood from those vicious humours, generated by heats and colds, and tend directly to remove the cause, from which this painful and distressed disorder originated. I have known this effect a cure, when the professional gentlemen had pronounced it incurable. My countrymen are at liberty to make the trial for themselves, and I think they will be amply paid for their trouble.

NOTE.—After the patient has passed through the above prescriptions, he may prepare some good strengthening bitters, made of the roots of gentian, piunkum, colt's foot, snake root and san-

icle, or snake root, put into rum or whiskey, and take a glass morning and evening.

FEVER.

100. Drink constantly a decoction made of hop blows, until it produces a copious sweat. This, in case of the typhus fever, is a most sure remedy, communicated by a pious old lady, who had seen the happy effects it had upon her son, who had been grievously attacked by the typhus fever.

This also will throw off the fever and ague, if drank just before the cold fit comes on. Repeat this a few times, and your complaint will leave you. This is said to be a most sure remedy, yet it may not effect a cure in all cases, nor in all countries; but I think the experiment well worth trying.

HEMORRHAGE OF BLOOD.

101. Take a handful of blood weed, which grows in old fields, called by some horsetail or white top, mare's tail, whipeywog, colt's tail, pride and fire weeds. It grows about waist or shoulder high, one stalk from the bottom, and has a very bushy top. When it is green, pound it,

press out the juice, and give the patient a table spoonful at a time, once an hour, until it stops.— If it be dry, boil it strong and give the tea very strong, three or four spoonful at a time.

CANKER IN THE MOUTH.

102. Take the juice of plaintain and rose water mixed, and with it, frequently wash your mouth.

BITE OF A SNAKE.

103. Take green hoar hound tops, pound them fine, press out the juice, and let the patient drink a table spoonful of the juice, morn, noon and night. Or three times in twenty-four hours, apply the powdered herbs to the bite, and change the same twice a day. The patient may drink a spoonful of sweet oil of olives. This never fails curing.

ITCH OINTMENT.

104. Take half a pound of hog's lard, four ounces spirits of turpentine, two ounces of flour of sulphur, and mix them together cold. Apply it to the ancles, knees, wrists and elbows, and rub it in the palms of the hands. If there be any raw

places, apply a little there, at night when going to bed.

PHTHISIC.

105. Take four ounces of hen's fat and a seed bowl of skunk cabbage that grows at the bottom of the leaves close to the ground, cut it fine, stew it in the fat till it is dry, and strain it off. A tea spoonful is a dose to take three times a day.— Make a syrup of white swamp honey-suckle blossoms and Queen of the Meadow root, sweetened with honey. Add to it a quart of syrup and half a pint of brandy. Drink three glasses a day.

PILLS FOR HYSTERICKS.

106. Take a quantity of white root, boil it in fair water. When it is boiled very soft, strain out the roots, and boil down the liquor to the consistency of a thick paste, so that it may be pilled. Let the patient take two or three pills at a dose when the disorder is coming on.

VENEREAL COMPLAINTS.

107. Take a peck of black ash bark, boil it in a pailful of water down to a quart, sweetened

with molasses, and add to it a pint of rum. Drink half a pint at a time, morn, and night. Or take gambouge and gum aloes, equal parts, and make a pill as big as a pea. Pill it in molasses, and give two pills at a time. Continue to take the pills one week, every night. Or when the complaint is first taken, within ten or twelve days, make of equal parts of pill coche and calomel, and pill it with molasses. Begin with one pill the first night, the next two, next three, and so on, every night adding one pill until it operates as physic. Then take them every night, one less, until you run out to one. This is a certain cure if the complaint be not of too long standing.

FEMALE WEAKNESS.

108 Knot grass tops and roots, yarrow tops and roots, plantain tops and roots, hemp tops, blood weed, called also pride or fire weed—of each one pound. Boil them in six quarts of water, down to three quarts; strain it off, add to it a pint of rum, and two pounds of loaf sugar. Drink a small glass morning, noon and night, fasting, or before eating.

TURLINGTON'S BALSAM.

109. Those that are so disposed, and feel themselves able, may make this balsam of life, it being a most excellent medicine in consumptive complaints, and also for weakly females in all stages of life. For a fevery stomach, let the patient take thirteen, or fourteen drops in a small glass of wine, in the morning, fasting. It is good for pains in the stomach, or side, and nourishes weak lungs, and helps a cough.

This balsam of life is made thus:—gum ben-zoin four ounces, gum storax callinitta three ounces, balsom tolu one ounce, gum aloes sucatrine one ounce and a half, gum alibanum one ounce and a half, gum myrrh one ounce and a half, root of angelica two ounces, tops of John's wort two ounces. Pound all these together, put them into three piints of rectified spirits of wine in a glass bottle, let them stand in the spirits four weeks in a moderate heat, shake them once a day, then strain it off, tis fit for use, and if the gums are not all dissolved add a little more spirits to the same, shake it and let it stand as before.

OBSTRUCTIONS.

110. *Cure for weakly obstructions in the Female sex.*—Take heart's ease the top, spikenard roots, a little blood root, a few roots of white pond lilies, a good parcel of female flowers so called. It often grows by the sides of ponds, it has a leaf and blossom some like cowslips—but it grows single one root or stalk by itself, and some smaller than the cowslip, the leaves are green and the blossoms yellow.

This is one of the finest of roots for the female use in the world. Take double the quantity of this and equal parts of the others, make a syrup of them, boil them in fair water until all the substance is out, strain it off, sweeten it with honey, add as much rum to it as will keep it from souring. Drink half a gill going to bed every night. This will strengthen the system and throw off all obstructions.

BLOOYD URINE.

111. Take, twice a day, a pint of the decoction of agrimony, or of decoction of yarrow.

SWEAT.

112. *For a cold and fever.*—Take a pint of milk set it by the fire until it boils then put in one table spoonful of west india molasses stir it quick and when turned to curd and settled, let the patient drink it all and cover up and sweat.

THRUSH.

113. *For the Thrush in the mouth.*—Make a strong decoction of blue cohosh, sweeten with honey and wash the mouth; a tea spoonful is enough; then let the patient swallow the same quantity. Repeat this till well.

WORM FEVER

114. Boil a handful of rue and wormwood in water, foment the belly with the decoction, and apply the boiled herbs as a poultice. Repeat this night and morning.

NOTE.—The addition of spearmint and tansy, and boil them in spirits, and apply them as above, would be preferable.

Physic is always necessary in cases of such application. But here discretion must be used, if the child be young and feeble, perhaps water

would be best, and of course gentle physic given afterwards. Castor oil is the best and most safe physic for young children. Parents would do well to keep a bottle of this oil always by them. The cost is trifling to what it is to have it dealt out to them by the Apothecaries in potions.—Nine or ten potions dealt in this way would cost as much as perhaps a whole bottle would, and in a bottle you would have as much as forty or fifty potions.

AGUE.

115. Put an ounce of pulverized five finger roots, into a quart of white wine or clarified currant wine, and drink a glass or two just before the cold fit comes on, and it is said to cure an ague in a few days. The roots being boiled in milk and drank, helpeth all manner of fluxes in either sex.

SORE LEGS.

116. Wash them in brandy twice a day, and apply elder leaves, and change them as often as you wash. This will dry up all the sores and cure them, though they are like a honey comb.—But the blood must be cleansed by drinking the

water wherein the barks have been steeped, as directed in case of fever sore ; and two or three potions of vegetable physic taken in the course of a month.

CANCER.

117. Make a plaister of rock allum, vinegar and honey, equal quantities with that of flour.— Change it every day, and it often cures in three or four days, says Mr. Wesley.

JOINT NEWLY SET.

118. Mullen seed being bruised, boiled in wine and applied to the joint newly set, removes the pain and swelling.

CHOLIC.

119. This is cured by giving lobelia in small doses, until the patient pukes. But in bad cases, make a decoction of butternut bark, and take a sufficiency to operate as a cathartic. Or pulverize three of the seeds of skunk cabbage balls, steep them in one gill of water until the strength is out, let the patient drink it all at once as hot as may be borne, and it commonly cures at once.— Or steep the seeds of master wort, and being drank

hot, relieves in a few minutes. Parsnip seed steeped, is a good remedy.

In the last stages of the Bilious Cholic, blue violets, in decoction, are said to be an excellent remedy. A tea spoon full of the root in sweet oil, might be taken every half hour, until you are relieved.

FELON.

121. Boil out half a pound of pitch from a pitch pine knot, take four ounces strong tobacco, boil it in water till the strength is boiled out, and after straining it boil it down till thick; then add the pitch, and simmer it over a slow fire, stirring it all the time, till it form a salve altogether. If the swelling be on the hand or finger, lay the plaister on the wrist, if on the foot or toe, lay it on the ancle, or wherever it may be lay the plaister above the joint, this will take out the pain in a short time. Dress the sore with any good salve. This is an infallible cure.

OBSTRUCTIONS.

122. *To open obstructions of the Liver, difficulty of breathing &c.*—Take one pound of the bark of the root, top and leaves of bittersweet, pound

them, put them in a pot with three pints of wine, let them infuse over a gentle fire twelve hours.— Then strain it out and you have an excellent drink, to open obstructions of the liver, and difficulty of breathing and inward bruises. It helps the yellow and black jaundice, and is excellent for women just put to bed. It purges the body gently. Drink a glass morning and evening.

PTINS.

123. Take the juice of worm-wood, tansy and a little fine salt. Put these into strong vinegar, and bathe the pained part. Make an ointment of bitter-sweet to annoint the limb.

WEAKNESS.

124. Take spignard, piunkum, scabious, sanicle and self-heal, a handful of each; boil them in six quarts of water down to one, strain off, and when cold, add one pint of rum and sweeten with cane sugar, and take a glass twice a day. It is a sovereign remedy for all inward wounds, ulcers and weakness of the lungs, &c.

SCALD HEAD.

125. Take the ashes of the bark of the white

ash tree, made into a lie, and the head washed therewith, presently cureth.

Mallows juice boiled in oil, and the head annointed therewith, is a good remedy. If it is caused by the itch, wear a cap steeped in oil in which brimstone has been boiled.

ELM BARK.

126. Boil the bark of the root of elm, skim off the oil, and annoint the head that is bald, and it will cause the hair to grow. The bark ground with brine until it becomes a poultice, and applied, giveth great ease to the gout. Bathe the head with a decoction of dwarf elder, and it will colour the hair black.

HERBS GOOD IN CONSUMPTION.

127. Burdock root in syrup, in decoction, or in wine; the juice of hoarhound in milk, or with honey; juniper berries, ten or twelve eaten in the morning, fasting; piunkum, steeped in cold water, in spirits, or in wine, an excellent remedy; gension in syrup, in wine, or the powdered root in molasses; St. Anthony's cross, steeped in cold water; sanicle in syrup, in wine, or decoction; nerve root in wine, in spirits, or in powder

with honey ; hound's tongue or smooth leaf steeped in cold water ; lobelia in powder in very small potions, taken three times a day for thirty days ; blood root in powder, excellent for pulmonary complaints ; meadow plantain in syrup ; three spoonsful of sage juice taken, fasting, with a little honey, doth presently stay the spitting of blood, of them that are in a consumption ; great Solomon's seal root in syrup, sassaparilla root, spikenard, noble liver wort, brook liver wort and lung wort, all good in syrup ; white pine moss, pitch pine boughs, shumake roots, the bark of the root of nanny berry bush in decoction or in syrup, the root and flowers of the wandering golden rod steeped in cold water, a notable remedy. This has cured in the last stage of consumption. Vervine and agrimony are good in all complaints of the lungs, and also, being put into wine, for a palpitation of the heart. Scabious, dandelion roots and tops, are useful, and so are blue violets. Tar water drank for considerable length of time, hath cured a deep consumption, and is also good for a cough and fever. Take wood sorrel, a sufficient quantity to pound, and get out a pint of juice. Add to this

a pint of rum, and four ounces of loaf sugar, and take half a glass six times a day.

HYSTERIC FITS.

128. In the paroxism, or fit, give lobelia until it nauciates or makes sick at the stomach, and it will relieve the cramp. Then take two handfuls of thoroughwort, boil in one pailful of water, to one quart. Add to this decoction, an equal quantity of gin, and take a glass three times a day, unless it should prove physical, then take less. Small doses of lobelia may be given, until the symptoms abate. To strengthen the system, take a handful of blue vervine tops, a handful of the roots of blue cohosh, and a little Solomon's seal root; cover them in a kettle of water, boil the strength out, boil down to one quart, add the same quantity of rum, and take a glass every four hours.

DYSENTERY.

129. Take a small handful of each of the following simples. The top of the herb called horse tail, (or as the Indians say whipsewog,) the top of checoberry or squaw berry. It is a little vine that grows among wintergreen, and

bears a red berry, and the leaf is not bigger than the little finger nail, and rises but a little above the ground, and the root of the upland brake. I cannot give the particular name, but will endeavour to describe the plant.

It sends up four or five stems or stalks from the root, similar to the pollypod brake, though it stands not upright, but leans away towards the ground, and the leaves grow on each side of the stalk. The leaf on one side of the stalk sets a little above the one on the other side. The leaf is widest next to the stalk, with a little ear on the upper side or edge of the leaf, it joins to the stalk by a small stem, it tapers gradually from the stalk to the end of the leaf, hath a fine sickle edge around the leaf, is smooth on both sides, of a palish green, and not more than an inch and a half long. The root is a bunch of pikes from whence old stalks have fallen off and decayed, and others have arisen.

These three, viz : horsetail, checoberry and brake root, boiled together ; then add a little milk and sweeten with honey or loaf sugar, and give the patient less or more, as the age of the patient may require. To an infant, a tea spoonful

once in ten minutes. I believe this remedy has not failed.

BITTER SWEET.

130. Bitter sweet being bruised and tied about the neck, cures the vertigo, swimming or dizziness of the head. The berries bruised and applied to a felon, sometimes very soon remove the disorder.

A pound of the wood and leaves infused into three pints of wine, over a gentle fire for twelve hours. When strained, it is an excellent remedy for obstructions of the liver and spleen, jaundice, dropsy, difficulty of breathing, bruises, congealed blood, &c.

The infusion is gently physical, and one half pint might be taken by an adult in the morning, or a gill might be taken every morning and evening.

Bittersweet is also a useful remedy in the consumption, and also those fits which young children are subject to.

Bittersweet grows on rich, moist, intervale lands, and by the side of rivers, and somewhat resembles the poison ivy. The bark of the root

is as yellow as gold. As bittersweet is generally known, I shall give no further description of it.

RATTLE SNAKE BITE.

131. Bruise and apply the herb and leaves of the herb called sow-thistle, and drink a decoction made of the same.

NOTE.—There are two kinds of sow-thistle. One kind is a little prickly ash, the other smooth, and this is the one to be used in the bite of a rattle snake. It has another quality. The juice applied, is good to cure all vegetable poison, either in the hands or feet. The decoction may be used when the green herb cannot be procured.

CHRONIC RHEUMATISM.

132. Take six large red beets and a handful of blood root, and half the quantity of mandrake root. Boil them until the strength is all out.—Squeeze out the roots, strain and boil down to one pint. Then add a tea spoonful of the spirits of camphor to a table spoonful of the decoction. Bathe the part affected three times a day, before a hot fire. Drink, at the same time, a decoction made of Prince's pine and hard cider.—

NOTE.—The chronic rheumatism is located in some particular part, as the shoulder, knee, back, or hip, although the pain may move about, yet it will soon return, and many times with an additional force.

POOR MAN'S PHYSICIAN.

PART IV.

METHOD OF PREPARING MEDICINE.

COLEMAN'S OINTMENT.

1. Take one pound of good tobacco, one pound of fresh butter made from an heifer the first calf, and the first time of her being milked, one pound of white bath or birth root, called Benjamin root, four ounces of turpentine, boil the tobacco and birth-root till the strength is all out, squeeze and strain, and simmer it down, adding the butter and turpentine, moderately until it becomes an ointment, and when cool add one ounce of the spirits of wine ; this ointment will cure any cancer swellings, sores or stiff joints or shrunk cords, or women's sore or swelled breasts. Give vegetable physic to cleanse the system, and produce a general action.

SALT RHEUM OINTMENT.

2. Take blue flag root, river willow the bark of the root, and skunk cabbage root, of each a good handful boiled in pure water, until very strong, strain out the roots, and add half a pound of hog's lard, boil moderately until the watery part is all evaporated, when cold tis fit for use.

RHEUMATIC OINTMENT

3. Bittersweet roots, princes pine, shumake bark. yellow arch-angel, or ox balm, or toad root, are all the same, and elder roots. Boil the whole until the strength is all out, strain the liquor; put in hog's lard, fry it down until the water is all out, then tis fit for use.

PRECIOUS OINTMENT.

4. Take salt butter, bees-wax, hogs fat, sweet oil, honey, mutton tallow, rosin; of each one pound, molasses one gill, brown sugar two ounces, balsam of fir one ounce, put all into an iron kettle, set it on hard wood coals separate from the blaze, stir it until it incorporates, then increase your fire, and stir it until it separates. When the dress hath done rising, and begins to

settle, then try the dross on a clean board. If brittle like rosin, take it off; and when it is all settled, drain off your ointment and tis fit for use.

VEGETABLE OINTMENT.

5. Take any quantity of the cups and blows of a plant called Robbin's plaintain; pound them in a mortar put them into a stew pan, and cause them to swim in fresh butter; simmer them half a day. This ointment must be squeezed through a common cloth with the hand, and then secured from the air.

GREEN FROG OINTMENT.

6. July and August are the best months to make this ointment. Catch green frogs, stun them, put them into a stew pan; add their own weight of fresh butter, stew them on coals half a day with coals on the lid of the pan, and be careful not to burn it. Put this ointment into glass vessels.

FOOT'S OINTMENT.

7. Take one pound of hog's lard, one pound of mutton tallow, half a pound of oil of spike, and heat them over a moderate fire, until they are united; then add as much bees-wax and rosin as

will make it to a salve. This is the renowned Foot's ointment, and will cure all common sores, where there is no inflammation.

TO RELAX SHRUNK CORDS

8. Take half a pound of hog's lard, put into it a small handful of metolet, green, stew it well together, strain it off, add to it one ounce of rattle snake's grease, one ounce of olive oil, and ten drops of oil of lavender, mix well together, anoint three times a day and rub it in well with the hand. A precious ointment this.

STRENGTHENING PLASTER.

9. Take pitch boiled from pitch pine knots, one pound : set it in a skillet or iron vessel upon the coals, melt it down, and then add one gill of rum, one gill of cider emtyens, let it simmer moderately until the water is all evaporated and the pitch is hard enough to make a plaister, which will be shortly after the water is gone : then take it off and pour it into cold water, and as quick as it can be handled take it out and begin pulling of it, dipping of it into good rum or spirits constantly, and keep your hands and the plaister wet with it, and so continue until your roll is as white as it will be. It will generally after you have pul-

led a spell, begin to stick to your hands so remarkably, that you cannot pull it any longer: then tis fit for use. I think this the best strengthening plaister that I have any knowledge of. After the patient hath worn this plaister a few days, the place will begin to itch so intolerably that they will be ready to tear it off; but this should not be done; although it is very probable it will draw little blisters around the out edges of the plaister. It should be worn until it comes off itself.

SYRUP.

10. *How to make a Syrup good in all pulmonary complaints.*—Take a large handful of pitch pine boughs, and the tops of blue vervine gentian root, piunkum roots and tops, sanicle, or black snake root, queen of the meadow root, and golden seal roots and tops, and witch hazel twigs, of each a handful: boil these until the strength is all out, then strain and boil down to three pints, and when settled and cool add spirits one pint, and sale sugar enough to make it pleasant: take a small glass three times a day, say two hours before breakfasting, two hours before dinner, and two hours after supper. This syrup hath had

the most salutary effects in cases of weakness and debility, of any I have known, especially amongst people of middle age.

CORDIAL.

11. *A Cordial for the palpitation of the heart.*—Take saw dust from a pitch pine knot, three table spoonfuls, one spoonful of blue vervine tops powdered, and the same quantity of agrimony tops pulverized; mix these together, and put in to two quarts of wine, let them infuse twenty four hours; shake them three or four times; tis fit for use.

BECKET'S FEVERSORE SALVE.

12. Two pounds of hog's lard, twelve ounces resin, six ounces bees-wax, one ounce of oil of spike; smelter the first three together; then put in oil of spike; tis fit for use.

LEADEN PLASTER.

13. Take half a pint of the green olive oil, called sweet oil, put into a new earthen mug that is well glazed, then add two ounces of the best castile soap, cut fine and set on the coals when the soap and oil is incorporated, then add

one ounce and a half of red lead, and as much white lead; sift these leads fine, and then make as much finer as you can, with a case knife upon a smooth board; put them in and be careful that it don't run over; stir and temper with the oils and leads, until it comes to the consistency of a plaister, and will adhere both to your finger and a board, on which you must try it.

CANCER PLAISTERS,

14. *How to prepare four kinds of cancer plaisters.*—First the mercurious, 2d the arsenic, 3d the Vitriol, 4th the verdigris. The completion of the mercurious plaister, is effected by adding to one ounce of the simple leaden plaister, from one drachm to eight, of the corrosive sublimate of mercury.

The completion of the second is in like manner;—add from one drachm, to eight of white arsenic, to one ounce of the leaden plaister.

The completion of the 3d is effected by adding from one drachm to eight of white vitriol, to one ounce of the leaden plaister.

The completion of the 4th is effected by adding, from one drachm, to eight of verdigris, to one ounce of the leaden plaister.

If one ounce of the leaden plaister, should not be strong enough, add the second and third, and so on to the eighth, as the urgency of the case may require. Each one of these ingredients must be made fine before they are added.

CURE ALL PLAISTER.

15. Take linseed oil and neats foot oil, of each one gill, put the oil into a new or earthen mug, boil it on coals until all the water is boiled out, then add one ounce and a half of camphor cut fine, then add as much of gum myrrh fine, (be careful that it does not boil over,) then add one pound of rosin pounded fine. When melted, add two ounces of red lead, two ounces of white lead, sifted and made as fine as possible. You must boil these ingredients and temper them with oils and leads, till it adheres closely to your fingers, or a board on which you must drop it in order to cool and try.

VEGETABLE SALVE.

16. *How to make black vegetable salve for wounds.*—Take spikenard root, the bark of sweet apple-tree root, the bark of the root of witch hopple, the bark of wicuppe root, called leather

bark or moose wood ; take equal quantities of the bark, and boil it down to a small quantity, then add yellow pine turpentine, enough to make it into the consistency of a salve when boiled down. This is a noted salve for fresh wounds, especially where cords or nerves are cut off. In such cases greasy ointment never ought to be applied.

JAUNDICE PHYSIC.

17. Take one pound of white ash bark, one pound of white pine bark, clear of ross, one pound of the bark butter root, one pound of black cherry bark, one pound of green mandrake roots, or half a pound when dried, boil them altogether, one whole day, then strain out the bark and let it settle, all night ; then drain it off, and boil it down to one pint, then add one pint of good rum and half a pint of molasses, (sale I mean) and it is fit for use.

Half an ounce of this physic is enough for strong constitutions, and less for weaker ones.

BALSAMIC PILL.

18. Take one ounce of hemlock gum, one ounce of gum myrrh, one ounce of the balsom of

fir, half an ounce of gum camphor, half an ounce of the spirits of turpentine, one of rosin, one ounce of balm of gilead buds and two ounces of loaf sugar. These must all be pounded together in an iron mortar, with a crumb of bread, until they come to the consistency of a pill. Take from one to four of these pills is a dose, according to the age or constitution of the patient. These pills are calculated to relieve the complaints of the breast and stomach.

FEVER POWDER.

19. Take equal parts of pulverized mandrake root, blood root, and lobelia, mix them together : tis fit for use. What will lie on the point of a pen-knife is a potion. This powder taken for any length of time, produces a kind of salivation, and is extremely useful to remove pains in the side, opens obstructions in general, cools the inflammation of the liver, helps asthmas, coughs, quinsies, diarrhœas, dropsies, gravel, and many other diseases.

SWEET WATER.

20. Take one ounce of white vitriol, one ounce of green copperas and one charge of gun

powder, pound these well together in a mortar, put this compound into a stone jug or glass bottle, and add one quart of water cold ; shake them a few times and tis fit for use.

KING OF OILS.

21. This noted oil is commonly known by the name of Musson's oil, and made in the following manner :—rock salt two ounces, green copperas two ounces, white vitriol two ounces, linseed oil two ounces, sale molasses eight ounces.

Boil these ingredients in a pint of chamber lie over a slow fire, a quarter of an hour ; when almost cold, add to it one ounce of the oil of vitriol and four ounces spirits of turpentine, and after being well shaken together, it is fit for use.

This oil is good for rheumatism, lameness, sprains and local inflammation, either in man or beast : the part being annointed with the same and dried with a hot shovel.



POOR MAN'S PHYSICIAN.

PART V.

PRECAUTIONS.

PARTICULAR cautions in regard to using medicine safely, with many useful hints, and demonstrations, in regard to age, times of life, change of life in the female sex, with further directions how to change, alter, enlarge or diminish medicine as the state, condition, or constitution of the patient may require.

First, in case of dropsy, attend to the use of medicine as soon as the symptoms indicate the complaint to be dropsical, by using diuretics recommended in the recipes. But the decoction of dwarfelder, I think the most efficacious. After the evacuation of the water great care is necessary that the patient does not take cold, the blood being viciated and bad, must be physicked cleansed and made pure, before a healthful state

can be enjoyed. The taking cold while the blood is not cleansed from its impurities, the vicious matter will most assuredly settle upon the lungs, and a quick consumption succeed, and the last state of that person be worse than the first. But do not despair, although the case may appear desperate, desperate cases have been cured, by the simple means prescribed in the book, and that too when apothecary drugs would have no effect.

Another caution I think absolutely necessary to give to my readers ; that is, not to listen to the prescription of every one that comes in, although their intentions may be good, yet it would be very imprudent to follow them. Do not fly from one medicine to another too hastily ; give the one you begin upon a fair trial, before you begin upon a second, and so on. The medicine recommended will not injure the patient, unless you have mistook the disorder, of which there will be but little danger providing you pay attention to the symptoms. Consumption is most dangerous and fatal, of any disorder with which the human family is afflicted, and is thought to be incurable, yet it hath and may be cured, by a timely and careful attention to it in the early stages of the com-

plaint. It is brought on by obstructed perspiration, or taking cold, especially by young women betwixt the age of twelve and twenty years, when a change of life takes place; this being the most critical period of life, the greatest possible care should be taken to remove all obstructions that take place. Sweating in the case of taking cold, in this case should be attended to without delay, and that class of medicines said to remove obstructions must be given in small doses; not to force nature too fast, a little prudence, and common sense will always be necessary.

. Dysentary commonly comes on the latter part of summer or in the fall months. Kind mother, let not your children make too free with green apples, red raspberries; and too much use of the black raspberries is not good. Be careful to guard against a costive state. Whenever this takes place, change the diet to something that is light and easy of digestion, and something rather of a relaxing nature. But here a caution is necessary lest a relax or diarrhæa should take place; if so it must be checked by very gentle astringents, such as a mild decoction of black berry root, or of chesnut bark boiled in milk. Observe the symptoms of dysentary; which upon the first no-

tice drink alkalie, or embers put into water till it make it very weak lie ; drink frequently of this. If the symptoms increase, make a pleasant drink of vinegar, salt and water : drink a few times of this. This is a noble remedy, and will commonly throw off the complaint. If after all the disorder should progress, apply to the directions given in the recipes. The ox balm root, white pine bark, and black birch bark or twigs made into a strong decoction, and the same quantity of sale molasses added, I can recommend from my own experience. But burnt brandy and loaf sugar hath perhaps saved thousands when seasonably taken.

Firstly, in cases where there is an obstructed perspiration, which is occasioned by taking cold, whereby the effluvia or vapour that continually emits or is discharged from the body in a healthful state is obstructed, conduces directly to bring on a fever, or an increased action. The increased action, or circulation of the blood, by friction, or irritation or rubbing of the particles of blood causes an increase of heat, or of the electrical fire, (one of the four elements of which the human system is composed) which tendeth directly to destroy the ballencing powers of nature and

brings on disorder and confusion throughout the whole man. For it is evident that the pores of the body are possessd of two powers of action, namely the powers of attraction and repulsion. The repulsive power sends off vivid and accrimonious fluid, the emission of which, tends to keep the blood in a state of purity, whereby it floweth soft and smooth as oil, carrying the chyle or sweet juices of the food into every part, and thereby nourishes, strengthens and invigorates the whole system.

The attractive power exhales, at the same time that it repels that accrimonious matter from the blood, that the cool invigorating and cheering breeze of air that floats around us, keeping a just balance of air and fire, and a proper warmth is given to the watery fluid, as it floats through the earthly vessels.

But the moment the perspirable matter is obstructed, the benevolent effects of repulsion and attraction are defeated, and the whole elementary system disorganized, and out of order, and that most necessary fluid called the bile, or gall which emits a certain portion into the stomach, whereby digestion is formed, being overpowered by too much heat, immediately foment to that degree that

the digestive power ceases to act, and by the non-action of the digestive powers, the absorbant vessels are deprived of the sweet and oily juices which they ought continually to be conveying to the blood vessels, that every part of the body may be supplied.

Neither is this all the mischief that occurs by reason of obstructed perspiration : for that vicious, slimy and glutinous matter that floats in the blood vessels will lodge here and there, forming obstructions. If it fall upon the lungs, an asthma or consumption succeeds ; if upon the joints, rheumatic pains follow, &c. Thus I have given a short and concise view of the dangerous consequences attendant on our obstructed perspiration ; it being the fruitful source from whence a multitude of disorders are generated. And I am ready to believe that my readers will be convinced of the real necessity of attending to the first cause as soon as possible, by forcing free perspiration, that the perspirable matter may fly off ; and physic be given to cleanse the crudities and offending bile from the stomach, whereby the patient may enjoy that healthful state which is so desirable ; which is the hearty wish and desire of the author. I had thoughts of laying by my pen, and writing no

more at present, but as that cruel disease is now prevailing, and many have been cured, numbers are sick, and several have died, of that distressed complaint, called the dysentary, I have thought proper to give my readers a few of the methods which have been effectual in removing the disorder. Some were cured by drinking gingered wine, others were cured by drinking brandy-sling made with hot water, and made very sweet with loaf sugar; one was cured by eating plentifully of ripe black berries.

Three or four have been cured by taking a small portion of rheubarb and soda every other day, and at the same time drank burnt brandy and loaf sugar, and applied to the bowels a wilted burdock dipt in vinegar. Several have been cured at once, by drinking a decoction made by steeping the top of the herb called pride or fire weed, cow tail, horse tail, colt's tail, and by the indians called whipsiwog, [I give all these names that every person may know the herb by one name or the other] and a little of the pulverized gum of tamerack, steeped together, which will soon stop the discharge of blood; and then a decoction made of dysentary root, hath soon perfected a cure. Some hath been troubled with a stop-

page of the water during the progress of the disorder, in that case it was found necessary to make use of diuretics, such as wood-rushes which are jointed, wintergreen, pumpkin, seeds, &c. being steeped and drank hath given relief. Simple medicine, has wrought the greatest cures. I have not heard of apothecary drugs doing any good, especially amongst children. It does appear evident in cases of the present dysentary, that those families that have made the most free use of blackberries, not debarring their children at all from them, have been the most exempt from the complaint, although strictly forbidden by the physicians; and I give it as my opinion that they are an excellent remedy, and guard against dysentary.

The rickets may be known by the head, or breast growing too large in proportion to the other parts of the body. When you discover this, be not afraid to dip your little child into cold water three mornings, and miss three until you have dipped it nine mornings. Once a day, rub their backs with brandy. I have never known this do the child any harm, but to the contrary, it will remove the complaint, and make them strong and healthy. Again, I would admonish the careful mothers to strictly prohibit your daughters from

wearing boards, stays, or tight ligatures around their bodies. It would be much better for them not to follow this pernicious fashion, than for you to follow them to the grave.



TO SUBSCRIBERS.

It was with regret that the Author was under the necessity of omitting an extract from Doctor Morley, on the symptoms and cure of the Scrofulous or King's evil, promised in the preface.— But the Author hopes his kind patrons will accept of forty-five pages more than was promised in the prospectus, as an apology for the omission.



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OF THE

ROOTS AND HERBS

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ERRATA.

- Page 42, No. 13, for Beech read Peach.
 Page 55, line 1, for herb read berry.
 Page 60, bottom line, for drop read drink.
 Page 62, line 12, for May read June or July.
 Page 88, No. 67, for Alder read Elder.
 Page 96, last word, "*immediately*," should be omitted.
 Page 118, line 3, for seal read scale.
 Page 119, line 4 from bottom, for Beech read Peach.
 Page 122, line 5 from bottom, for Preston read Boston.
 Page 122, line 8 from bottom, for Cloves read Clover.
 Page 125, line 13 from top, for Beech read Peach.
 Page 141, line 8 from bottom, for pure read sweet.
 Page 141, line 10 from bottom, for cholic read cohosh.
 Page 137, line 1, for treacle read trenche.
 Page 158, line 5, read hemorrhoidal vessels.
 Page 171, line 8, for and read or.
 Page 183, line 4, read "thickening Indian meal into a decoction of &c.
 Page 194, line 3, read "if it does not produce, &c.
 Page 197, line 1, read opening and driving.
 Page 202, No. 27, for witch hazle read red berry or spotted alder.
 Page 204, Art. "White Swelling," read bandage tight.
 Page 218, line 15, read Tag Alder.
 Page 222, line 6 from bottom, for puke read pep.
 Page 224, line 4, read numbness.
 Page 237, line 7 from bottom, read tea spoons full.
 Page 244, line 10, read add to a quart of syrup, &c.

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